Eat Great & Lose Weight in 2016

Cooking Light®

JAN/FEB 2016

Chicken 25 Ways

Skillet Dinners, Soups, Pastas & *More!*

YOUR GET-HEALTHY GUIDE

CURE The Sugar Blues

EAT Healthier Proteins

DIET Like a Cook

DRINK Smarter Beverages



Chicken with Carrots & Potatoes, p. 25



Want it sweet?

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USA Pears

Cooking Light VOL. 30/NO. 1

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PHOTOGRAPHY: JENNIFER CAUSEY

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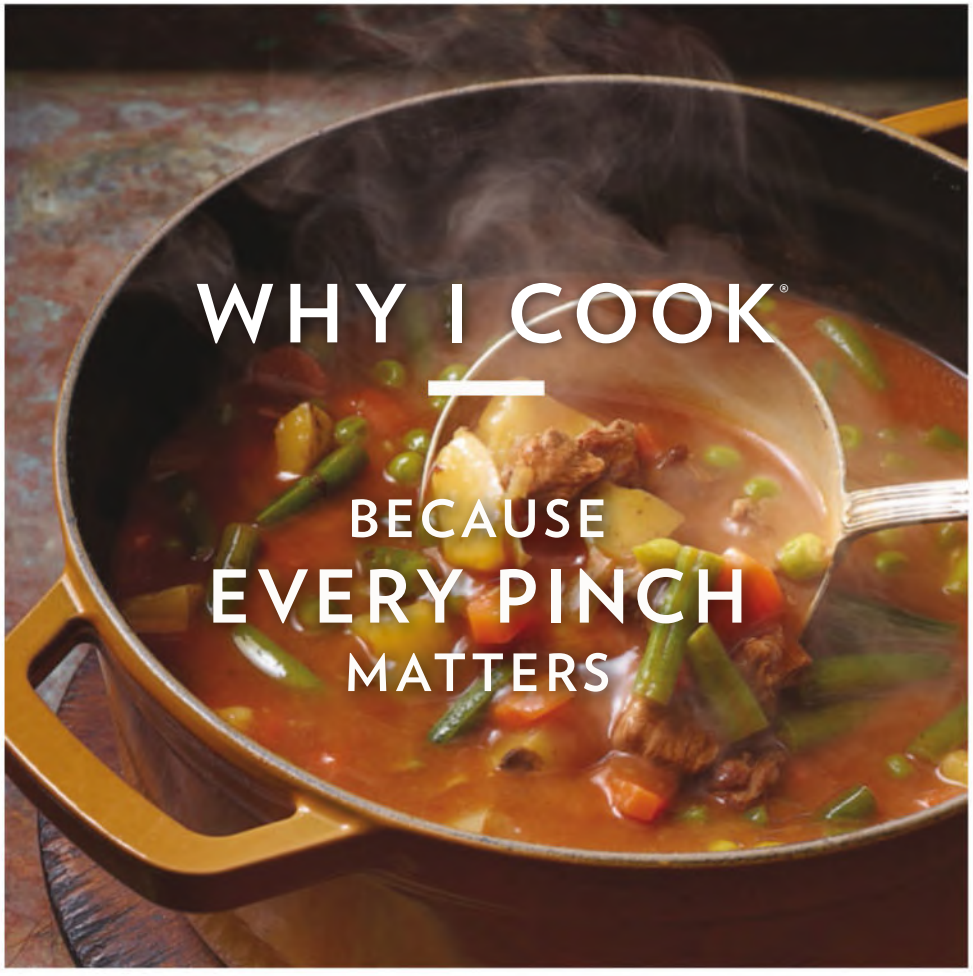
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PHOTOGRAPHY: (TOP RIGHT) CAITLIN BENSEL













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note from the editor

NOW, NOT LATER

MY WIFE IS FROM EASTERN North Carolina, where people have a way with words. "Pay the grocer now or the doctor later," Ellen, a registered dietitian, says often.

Sam Jones, an eastern North Carolina pitmaster and proprietor of a new eponymous barbecue restaurant, puts it this way: "You can't make chicken salad out of chicken sh*t."

I translate both sayings to mean good ingredients matter and have adopted them as healthy cooking mantras. Unless you've been hibernating with the bears, you've likely read the headlines about restaurant chains, supermarkets, and big food companies cleaning up their menus and products to catch up with consumer demand for fresher, healthier ingredients. I'm hopeful that this shift marks a turning point in our food culture, one that will eventually contribute to a downward trend in rates of obesity and heart disease.

We're making changes here at *Cooking Light*, too. You've asked, so now we're publishing total grams of sugar and estimated added sugars, the kinds added to foods when they are processed or prepared, with every recipe. Look for our new nutrition guidelines on page 62.

You'll also find a guide to Start Your Year Off Light—our annual franchise of the same name—on page 82. Our mission is to empower you to cook more for good health. As you look ahead to 2016, keep it simple: Use good ingredients, and just cook. These are two of the most revolutionary things you can do for your health.

HUNTER LEWIS
hunter@cookinglight.com
@NotesFromACook

Cooking Light DIET

Thousands of subscribers use the Cooking Light Diet, our healthy meal planner, and we love hearing their success stories. Hear subscriber Katie Anderson's at **cookinglight.com/katie,** and check out the Diet recipes we created just for her on page 100.





FLAXSEED OATMEAL WITH BLUEBERRIES

Hands-on: 10 min. Total: 10 min.
My wife and I make this easy whole-grain breakfast for our family many mornings a week.

- 3 cups water
- 2 cups old-fashioned rolled oats
- 3 tablespoons ground flaxseed
- ⅛ teaspoon kosher salt
- ¼ cup whole milk
- 1½ tablespoons butter
- 1 cup frozen blueberries
- 1 tablespoon blueberry preserves
- ½ teaspoon grated lemon rind
- 1 tablespoon fresh lemon juice
- 1 teaspoon raw sugar
- ¼ cup coarsely chopped pecans, toasted

1. Bring 3 cups water to a boil. Stir in oats, flaxseed, and salt. Reduce heat to medium-low; cook for 6 minutes or until tender, stirring frequently. Stir in milk and butter. Meanwhile, combine blueberries and next 4 ingredients (through sugar) in a microwave-safe bowl; microwave at HIGH for 1½ minutes, stirring every 30 seconds. Divide oatmeal among 4 bowls. Top with blueberries and pecans.

SERVES 4 *(serving size: ¾ cup oatmeal, 2 tablespoons blueberry topping, and 1 tablespoon pecans)*
CALORIES 310; **FAT** 15.2g (sat 4.2g, mono 5.5g, poly 4.3g); **PROTEIN** 7g; **CARB** 39g; **FIBER** 7g; **SUGARS** 10g (est. added sugars 4g); **CHOL** 13mg; **IRON** 2mg; **SODIUM** 69mg; **CALC** 40mg

WE'RE NOW LISTING SUGARS IN EVERY RECIPE

—Recipe by Hunter Lewis

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN. PORTRAIT: GREGORY MILLER


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FYI

Starting with this issue, we're discontinuing our Digimarc service. You can find all of our recipes—including the ones in this issue—at cookinglight.com.

LETTERS



DOUBLE THE WOW!

The November issue was the most unbelievable and greatest ever! 132 recipes?! Wow! I usually drool over many recipes and pick out one or two to put on the list for sometime to come. However, in going through this issue, there wasn't a single recipe I wouldn't make or try as something new! Incredible job on picking the lot. I'm going to use this as a "cookbook" for the next several months, trying everything from cover to cover!

CHRIS GRESHAM
PUYALLUP, WA

WHAT A WASTE

I was thrilled to see you tackle the subject of food waste in the November issue (p. 125). I was highly disappointed, however, that the second step of the very first recipe (Italian Roasted Chicken, p. 126) was "Discard necks and giblets." There are many uses for the insides of a bird, from flavoring stock to chicken livers on toast! There is no excuse in an article focused on waste to overlook these items.

ROBIN WARD MILLER
ROSWELL, GA

COOK ONCE, EAT THREE TIMES

I just wanted to tell you how thrilled I was with your November "Cook Once, Eat 3 Times" story (p. 59). As a new mom, I don't have a ton of time to cook elaborate meals, and having my husband home on Sunday made it easy for me to make the pot roast and save the meat and sauce for the other two meals. My husband said his coworkers were jealous of his lunches (leftovers)! Especially appetizing were the enchiladas! I served them with a Spanish rice pilaf.

GRACE BAKER
VIA EMAIL

FROM INGREDIENTS TO FOOD

My (then) 16-year-old son once complained, "Why don't you ever buy food?! All you buy is ingredients!" Tonight my (now) 18-year-old son and my husband raved about the Fast Skillet Chicken Cacciatore (November, p. 26). Two days ago they couldn't stop talking about the Pork with Chunky Applesauce (p. 57) paired with Braised Brussels Sprouts with Cider and Bacon (p. 42).

KENDRICK KERR
WEST COLUMBIA, SC

Recipe Correction

In step 2 of the Make-Ahead Turkey Gravy (November, p. 149) recipe, after skimming away the fat, measure 8 cups of stock, and reserve any leftover stock for another use. In step 3, whisk together flour and 1/3 cup water, plus 2/3 cup cold stock. Bring remaining 7 1/3 cups stock to a boil in Dutch oven. Gradually add flour mixture, stirring with a whisk. Bring to a boil, and simmer 5 minutes.



*Members following the Cooking Light Diet lose more than half a pound per week, on average.

Cooking Light DIET

"I said to my sister-in-law, who's also on the Cooking Light Diet, "Who would've thought that the old tried-and-true, counting calories, is the best plan?" I mean, I've been on the liquid diet, the no-carb diet, the you-name-it—I've been on it. And this is just simple, delicious food that requires really minimum attention. And when you love food like I do, that's what you want. You don't want to deprive yourself or starve yourself."*

JOYCE VAN HUIS
SCOTTSDALE, AZ

Read more of Joyce's story at cookinglight.com/joyce.

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Old Fashioned Oatmeal provides 2 grams. Instant Quaker Oatmeal provides 1 gram.

TRENDING TASTES from COOKING LIGHT'S EDITORS

let's get cooking!



*STAFF FAVE

Huge flavor in a light salad

Recipe p. 10

TODAY'S SPECIAL

Apple-Sunchoke Salad with Smoked Trout

N.C. chef Scott Crawford lets sunchokes shine.

BY TIM CEBULA

If you're not a big sunchoke fan, it's probably only because you haven't tried them yet. The knobby, gnarly, thin-skinned tubers, also misleadingly called Jerusalem artichokes (they're not artichokes and have nothing to do with Jerusalem), offer beguilingly nutty, sweet flavor, and they are about to hit midseason form.

"Sunchokes are one of those wonderful things home cooks aren't familiar with yet," says Scott Crawford, chef-owner of the farm-focused Standard Foods, a restaurant and grocery in Raleigh, North Carolina. "You don't see them in supermarkets a lot." But they're a darling of cold-season farmers' markets and regularly stocked by gourmet grocers as well.

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: CHELSEA ZIMMER; PROP STYLING: LINDSEY LOWER. PORTRAIT: JESSICA CRAWFORD

"They're incredibly versatile," Crawford says. Indeed, they're fantastic roasted, pickled, mashed, smashed, and twice-baked. You can enjoy them in all the same contexts you'd use for any root veggies. "A pureed soup is always a gateway," he says. "You can put an unfamiliar root vegetable like this in a simple pureed soup to explore all of its flavor possibilities."

Crawford's salad, too, can be a gateway dish that leads to a positively addictive relationship with the little knobs. He leaves the sunchokes unpeeled to take advantage of how delightfully crisp the papery skin gets when baked. He pairs them with crunchy apples, protein-packed smoked trout (he cures and smokes his own at Standard Foods), and a sweet-tart cider vinaigrette.

In the end, the components combine for a simple salad that elevates the underground sunchoke and delivers deep pleasure. "Warming one's soul with a salad is a neat thing," he says. "You can get that with the right flavor combinations." Try Crawford's original version this month at Standard Foods.

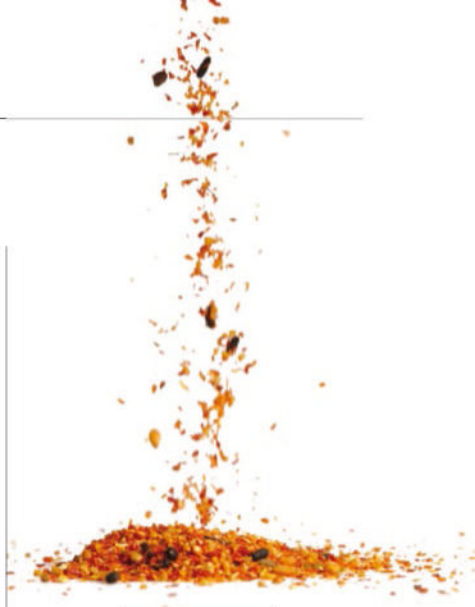
APPLE-SUNCHOKE SALAD WITH SMOKED TROUT AND CIDER VINAIGRETTE

Hands-on: 35 min.
Total: 40 min.

- 3 tablespoons olive oil, divided
- ¾ teaspoon kosher salt, divided
- ½ teaspoon freshly ground black pepper, divided
- 2 pounds sunchokes, cut into ½-inch-thick slices
- ¼ cup chopped fresh dill
- 1 tablespoon chopped shallots
- 2 tablespoons unfiltered apple cider
- 2½ tablespoons cider vinegar
- 1 cup halved, cored, and thinly sliced Granny Smith apples
- 1 cup halved, cored, and thinly sliced Honeycrisp apples
- 6 ounces skinned smoked trout, broken into ½-inch pieces
- 2 tablespoons sliced fresh basil

1. Preheat oven to 400°.
2. Combine 1 tablespoon oil, ½ teaspoon salt, ¼ teaspoon pepper, and sunchokes in a large bowl; toss to coat. Spread sunchokes, cut sides down, on a baking sheet; bake at 400° for 25 minutes or just until tender and golden. Cool completely.
3. Combine dill, shallots, apple cider, cider vinegar, remaining 2 tablespoons oil, ¼ teaspoon salt, and ¼ teaspoon pepper in a large bowl. Add apples and sunchokes; toss gently. Place on a serving plate. Top with trout and basil.

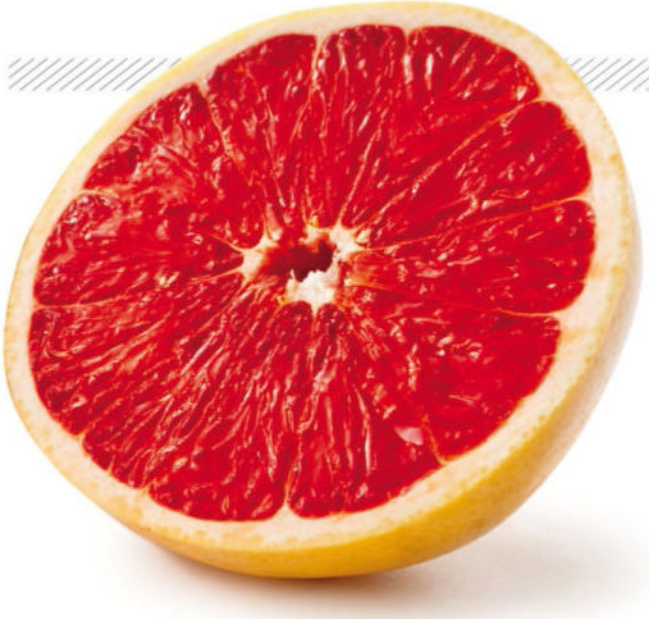
SERVES 6 *(serving size: 1 cup salad and 2 ounces trout)*
CALORIES 288; **FAT** 9.5g (sat 1.7g, mono 4.9g, poly 0.8g); **PROTEIN** 11g; **CARB** 42g; **FIBER** 4g; **SUGARS** 26g (est. added sugars 0g); **CHOL** 8mg; **IRON** 6mg; **SODIUM** 550mg; **CALC** 37mg



PANTRY PEOPLE

MAKE SHICHIMI YOUR NEW RAVE

When you find a spice blend with the transformative, head-turning power of, say, Gebhardt chili powder or Mexican achiote paste, you add it to your arsenal immediately. Japanese shichimi is just such a secret weapon. A mix of seven spices—including black and white sesame seeds, dried orange peel, Japanese peppers, dried ginger, and seaweed—it's spicy, but not hot; floral, but not perfumey. A light dusting turns simple roast pork loin, baked fish, poached eggs, or steamed veggies into an applause-worthy dish. From $4.50, **spicejungle.com** –TIM CEBULA



NOW PEAKING

Texas Red Grapefruit

It's a boast befitting the Lone Star State: No grapefruit grown anywhere in the world is as sweet, juicy, and doggone red as the Texas Ruby Red. Texas doesn't bother growing white and pink ones anymore, since, well, they pale in comparison. Why the fuss? They have far less bitterness than other grapefruit, and the flesh is stunning. Don't let new branding—Rio Red, Rio Star, Ruby-Sweet—throw you. If it's red and from Texas, you're in for a treat. –TC

PHOTOGRAPHY: (LEFT) ISTOCK PHOTO. (RIGHT) CAITLIN BENSEL; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN

EXERCISE GOOD TASTE.





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Israeli Spring



Chef Solomonov's spiced beef and pine nut–topped hummus, featured in his recent cookbook *Zahav*

The rise of the Israeli plate is upon us—and the timing could not be more perfect. Qualities that the food world at large currently seeks on the plate—veggie dominance, vibrancy, and a sense of authenticity—the nation's cuisine offers in abundance. Israeli-born chefs such as Michael Solomonov of Philadelphia's Zahav, Yotam Ottolenghi of Nopi in London, and Alon Shaya of New Orleans–based Shaya are driving the trend, in their restaurants and in their books, at a time when the national cuisine is organically defining its identity—a rare and exciting evolution to witness in 2016. The nation of Israel is geographically small, historically young, and culturally eclectic, a unique combination for developing a distinct national flavor, according to Shaya. The food, encompassing dishes such as impossibly creamy hummus piled with savory toppings, succulent roasted lamb, and chargrilled vegetables accented with fresh herbs and tahini, was born of émigrés from Greece, Poland, Yemen, Turkey, Bulgaria, Romania, and Ethiopia. "All of these cultures began cooking for each other on a small piece of land," Shaya says. "This intense cultural blend is what I consider Israeli food." He attributes the cuisine's recent star turn largely to a proud new wave of young Israeli chefs who believe their nation's food is worth preparing passionately and progressively. "Food should have a story to tell," Shaya says, "and there are so many rich stories to tell of the cultures in Israel." –DARCY LENZ

FAVE FIND

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FIT GEAR

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PHOTOGRAPHY: CAITLIN BENSEL; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN. (BOTTOM RIGHT) DANIEL AGEE



MOMS DON'T TAKE SICK DAYS.



MOMS TAKE

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THE NIGHTTIME, SNIFFLING, SNEEZING, COUGHING, ACHING, FEVER, STUFFY HEAD, **BEST SLEEP WITH A COLD, MEDICINE.**

VICKS

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Mocktails with Spirit

Is a cocktail without alcohol still a cocktail? Absolutely. Here are six that prove a well-crafted drink need not give the drinker a buzz to create one. The pleasure of a cocktail flows in the meticulous balance of flavors and aromas—sweet versus bitter, crisp effervescence bubbling from the glass layered against density on the tongue. Lay down the liquor and resolve to try a new breed of cocktail. It'll be an easy New Year's goal to swallow. Promise. –DARCY LENZ



BLOOD ORANGE AND GINGER SODA

Hands-on: 10 min. Total: 25 min.

- 1 cup water
- ½ cup sugar
- ⅓ cup sliced peeled fresh ginger
- 18 fresh mint leaves
- 6 (2-inch) blood orange rind strips
- 3 cups blood orange juice
- 3 cups club soda
- 6 blood orange wedges
- 6 mint sprigs

1. Combine first 3 ingredients in a saucepan over high heat. Bring to a boil, stirring until sugar dissolves. Remove from heat; let stand 15 minutes. Strain; discard solids.

2. To prepare each cocktail, muddle 3 mint leaves and 1 rind strip in a cocktail shaker using the handle of a wooden spoon. Add 2½ tablespoons ginger syrup and ½ cup orange juice to shaker; shake well. Pour mixture into an ice-filled glass. Top with ½ cup soda; stir. Garnish with an orange wedge and a mint sprig.

SERVES 6 *(serving size: about 1 cup)*
CALORIES 121; **FAT** 0.3g (sat 0g, mono 0g, poly 0.1g); **PROTEIN** 1g; **CARB** 30g; **FIBER** 0g; **SUGARS** 27g (est. added sugars 17g); **CHOL** 0mg; **IRON** 0mg; **SODIUM** 14mg; **CALC** 17mg



FLIGHT OF THE CONCORDS

Hands-on: 10 min. Total: 35 min.

- ½ cup water
- ⅓ cup sugar
- 2 teaspoons juniper berries, lightly crushed
- 12 ounces seedless Concord or black grapes (about 2 cups)
- 1 (2-inch) orange rind strip
- 1 (2-inch) rosemary sprig
- 2 cups tonic water
- 1 cup club soda
- ¼ cup fresh orange juice
- 4 rosemary sprigs

1. Combine first 6 ingredients in a small saucepan over medium-high heat. Bring to a boil; reduce heat to medium-low, and simmer 14 minutes or until liquid is slightly syrupy, stirring occasionally to break up grapes. Cool completely. Remove and discard orange rind and rosemary. Place grape mixture in a blender or food processer. Pulse until coarsely chopped. Strain liquid through a fine sieve over a bowl, pressing gently to extract liquid from solids; discard solids.

2. To prepare each cocktail, place ¼ cup grape mixture in an ice-filled glass. Add ½ cup tonic water, ¼ cup club soda, and 1 tablespoon orange juice. Garnish each drink with a rosemary sprig.

SERVES 4 *(serving size: about 1 cup)*
CALORIES 162; **FAT** 0.1g (sat 0g, mono 0g, poly 0g); **PROTEIN** 1g; **CARB** 42g; **FIBER** 1g; **SUGARS** 40g (est. added sugars 28g); **CHOL** 0mg; **IRON** 0mg; **SODIUM** 29mg; **CALC** 13mg



SPANISH DANCER

Hands-on: 6 min. Total: 10 min.

- ¼ cup water
- ½ teaspoon saffron threads
- 1½ cups fresh Cara Cara orange juice
- 2 tablespoons sherry vinegar
- 2 tablespoons light agave syrup
- 9 Cara Cara orange wedges
- 1 cup club soda

1. Combine ¼ cup water and saffron in a small microwave-safe bowl. Microwave at HIGH for 45 seconds. Cool completely. Combine saffron water, orange juice, vinegar, and agave in a medium bowl, stirring with a whisk.

2. Place 2 orange wedges and 2 ice cubes in each of 3 highball glasses. Pour ⅔ cup saffron mixture and ⅓ cup club soda into each glass. Squeeze remaining 3 orange wedges evenly into drinks.

SERVES 3 *(serving size: about 1 cup)*
CALORIES 109; **FAT** 0.3g (sat 0g, mono 0g, poly 0.1g); **PROTEIN** 1g; **CARB** 26g; **FIBER** 0g; **SUGARS** 23g (est. added sugars 11g); **CHOL** 0mg; **IRON** 0mg; **SODIUM** 18mg; **CALC** 20mg



PINEAPPLE EXPRESSO

Hands-on: 8 min. Total: 8 min.

- 1½ cups pineapple juice
- ½ cup cold-brew coffee concentrate
- 2 tablespoons orgeat (almond syrup)
- 8 pineapple cubes

1. Combine first 3 ingredients in a cocktail shaker with ice; shake vigorously for 30 seconds. Pour mixture into 2 tiki glasses. Garnish with pineapple cubes skewered with cocktail umbrellas.

SERVES 2 *(serving size: 1 cup)*
CALORIES 154; **FAT** 0.1g (sat 0g, mono 0g, poly 0g); **PROTEIN** 0g; **CARB** 37g; **FIBER** 1g; **SUGARS** 30g (est. added sugars 8g); **CHOL** 0mg; **IRON** 0mg; **SODIUM** 9mg; **CALC** 7mg



CELERY SALTY DOG

Hands-on: 10 min. Total: 35 min.

- 3 cups thinly sliced celery
- 1½ cups water
- ½ cup sugar
- 3¾ cups red grapefruit juice
- 5 teaspoons nonalcoholic bitters (such as Bittermilk)
- ½ teaspoon kosher salt

1. Combine first 3 ingredients in a saucepan over medium-high heat. Bring to a boil; reduce heat to low, and simmer 15 minutes. Remove pan from heat; cool completely. Strain and discard solids.

2. To prepare each cocktail, combine 3 tablespoons celery syrup, ¾ cup juice, and 1 teaspoon bitters in a cocktail shaker. Shake well. Rim 5 glasses with kosher salt, and fill with ice. Divide the celery mixture evenly among glasses.

SERVES 5 *(serving size: about 1 cup)*
CALORIES 174; **FAT** 0.2g (sat 0g, mono 0g, poly 0g); **PROTEIN** 1g; **CARB** 41g; **FIBER** 0g; **SUGARS** 36g (est. added sugars 20g); **CHOL** 0mg; **IRON** 0mg; **SODIUM** 194mg; **CALC** 17mg

CUCUMBER-FENNEL COOLER

Hands-on: 10 min. Total: 30 min.

- ¾ cup water
- ½ cup sugar
- 2 tablespoons fennel seeds, lightly crushed
- 10 Meyer lemon rind strips, divided
- 2½ cups fresh cucumber juice
- 5 tablespoons Meyer lemon juice
- 1⅔ cups club soda

1. Combine ¾ cup water, sugar, fennel, and 5 lemon rind strips in a small saucepan over medium-high heat. Heat 4 minutes or until sugar dissolves, stirring with a whisk. Remove from heat; let stand 15 minutes. Strain mixture through a fine sieve; discard solids.

2. To prepare each cocktail, combine 3 tablespoons syrup, ½ cup cucumber juice, and 1 tablespoon lemon juice in a cocktail shaker; shake 30 seconds. Pour into a glass filled with ice. Top each with ⅓ cup club soda; stir. Garnish each with 1 lemon rind strip.

SERVES 5 *(serving size: about 1 cup)*
CALORIES 89; **FAT** 0.1g (sat 0g, mono 0g, poly 0g); **PROTEIN** 0g; **CARB** 23g; **FIBER** 1g; **SUGARS** 21g (est. added sugars 20g); **CHOL** 0mg; **IRON** 0mg; **SODIUM** 19mg; **CALC** 14mg

—Recipes by Robin Bashinsky

PRO TIP

To get fresh cucumber juice without a juicer, simply peel your cucumbers, puree them in a blender, transfer the puree to a fine sieve over a large measuring cup, and gently press to extract liquid.



For even more sip-worthy nonalcoholic cocktail recipes, visit cookinglight.com/mocktails.

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN. GLASS TIKI MUGS BY ANDREW IANNAZZI, AVAILABLE AT ARTFULHOME.COM



HELP ME, KENJI

Q: Why do I need tons of water to boil pasta?

A: Spoiler alert: You don't. Before my wife and I were married, I remember seeing her standing stoveside, stirring our smallest pot. Much to my horror, she was cooking pasta. Surely with such a small volume of water, the pasta was going to be ruined! Any chef knows you need at least a gallon of water per pound to cook pasta evenly and keep it from sticking to itself.

A few minutes later I ate my words along with the perfectly al dente, non-sticky pasta. So I headed to the kitchen immediately for some experiments.

I'd heard a large volume of water returns to a boil faster after adding pasta. So I dropped equal amounts of dry pasta side by side into a 1-quart pot of water and a 1-gallon pot of water. Guess what? The 1-quart pot returned to a boil faster than the gallon. Put simply, a small pot will heat the water more efficiently.

Next theory: A large pot keeps pasta from sticking to itself. Once again, I tried the side-by-side experiment. Turns out the real stickage danger occurs during the first minute of cooking. Stir occasionally during that time frame, and it cooks up stick-free.

What's more, a smaller pot requires less energy to heat, which means a lower utility bill—better for the environment, and cheaper to boot—but there's a huge advantage for the finished dish: extra-concentrated pasta cooking liquid.

Whenever you toss your pasta with a sauce, add some of the pasta cooking liquid to the pan. The starchy liquid helps sauce bind to the pasta, giving it a creamier consistency and coating each piece of pasta more evenly. Using less water for the pasta yields super-starchy liquid, which means superior binding power and amazing sauce texture.

It's a testament to pasta's power that my wife and I ended up getting married after all this. Though perhaps it's even more a testament to her patience.



Don't just drain: Starchy pasta water is liquid gold, binding sauce and melding flavors.

__Kenji López-Alt__ is the chief creative officer of Serious Eats (seriouseats.com), where he writes The Food Lab, unraveling the science of home cooking.





APP-ETIZING

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For those worried about problem ingredients lurking in packaged products, ipiit is here (for iPhone and Android). Simply set your preferences—i.e., things you want to avoid, like gluten or aspartame—and scan bar codes while you shop. Ipiit lets you know whether or not the chosen food is "okay for you" based on your parameters. If a product isn't in ipiit's database, you can opt to submit a few snapshots of its packaging through the app so it can be added for future scans.

–DARCY LENZ

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: LINDSEY LOWER. (TOP RIGHT) COURTESY OF IPIIT, THE FOOD AMBASSADOR. PORTRAIT: RANDY HARRIS

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STAUB

DINNER TONIGHT TAKEOVER

CHICKEN COOKBOOK

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This month, your favorite weeknight recipe collection is all about the bird. Chicken stars in all the following recipes, from 20-minute stir-fry to slow cooker stew.

PHOTOGRAPHY BY **JENNIFER CAUSEY**

flattened chicken with almond and paprika vinaigrette

Hands-on: 18 min. Total: 28 min.

While pounding the chicken breast thin and searing is a French technique, the flavor profile here is decidedly Spanish.

- 4 (6-ounce) skinless, boneless chicken breast halves
- 3/8 teaspoon kosher salt, divided
- 1/4 teaspoon black pepper
- 3 tablespoons olive oil, divided
- 1/4 cup unsalted chicken stock (such as Swanson)
- 1 garlic clove, minced
- 2 tablespoons unsalted roasted almonds, finely chopped
- 1 tablespoon water
- 1/4 teaspoon finely grated lemon rind
- 1 tablespoon lemon juice
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon Dijon mustard
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 ounce green olives, chopped

1. Place each chicken breast half between 2 sheets of plastic wrap; pound to 1/4-inch thickness using a meat mallet or small heavy skillet. Sprinkle evenly with 1/4 teaspoon salt and pepper.

2. Heat a large nonstick skillet over medium-high heat. Add 1 1/2 teaspoons oil; swirl. Add 2 chicken breast halves; cook 3 minutes on each side or until done. Remove from pan. Repeat procedure with 1 1/2 teaspoons oil and remaining 2 chicken breast halves.

3. Reduce heat to medium. Add stock, scraping pan to loosen browned bits. Stir in remaining 2 tablespoons oil. Add garlic; sauté 1 minute. Add remaining 1/8 teaspoon salt, almonds, and next 5 ingredients (through Dijon); cook 1 minute or until heated, stirring occasionally. Spoon almond mixture over chicken. Sprinkle with parsley and olives.

SERVES 4 *(serving size: 1 chicken breast half and about 1 tablespoon almond mixture)*
CALORIES 325; **FAT** 17.9g (sat 2.5g, mono 10.9g, poly 2.6g); **PROTEIN** 37g; **CARB** 2g; **FIBER** 1g; **SUGARS** 1g (est. added sugars 0g); **CHOL** 109mg; **IRON** 1mg; **SODIUM** 515mg; **CALC** 27mg

SERVE WITH MANCHEGO POLENTA

Hands-on: 9 min. Total: 16 min.

If the polenta mixture is not quite thick enough after 8 minutes, continue microwaving at HIGH at 1-minute intervals, stirring after each minute, until thickened.

- 1/4 cup finely chopped onion
- 1 teaspoon olive oil
- 2 1/4 cups water
- 1/2 cup stone-ground polenta
- 1/4 cup unsalted chicken stock (such as Swanson)
- 1/4 teaspoon black pepper
- 1/8 teaspoon kosher salt
- 1 ounce Manchego cheese, grated (about 1/4 cup)

1. Combine onion and olive oil in a large microwave-safe bowl, stirring to coat. Add 2 1/4 cups water, polenta, stock, pepper, and salt, stirring to combine. Microwave at HIGH 8 minutes, stirring after 4 minutes. Stir in Manchego cheese.

SERVES 4 *(serving size: about 1/2 cup)*
CALORIES 111; **FAT** 3.9g (sat 1.9g, mono 0.8g, poly 0.1g); **PROTEIN** 4g; **CARB** 15g; **FIBER** 1g; **SUGARS** 1g (est. added sugars 0g); **CHOL** 8mg; **IRON** 1mg; **SODIUM** 112mg; **CALC** 95mg

CHICKEN COOKBOOK

DINNER TONIGHT

35 MINUTES



grilled mango-habanero jerk chicken

You probably have all the ingredients on hand to make this quick spice rub. Water or chicken stock can be substituted for rum in the mango sauce.

- ¼ cup golden rum (such as Bacardi)
- 1 small ripe mango, peeled and chopped
- ½ habanero pepper, seeded and chopped
- 2 tablespoons white vinegar
- 2 tablespoons butter
- ½ teaspoon kosher salt, divided
- 1 teaspoon garlic powder
- 1 teaspoon ground coriander
- 1 teaspoon brown sugar
- ¼ teaspoon ground red pepper
- ¼ teaspoon dried thyme
- ¼ teaspoon ground allspice
- 2 teaspoons canola oil
- 4 (6-ounce) skinless, boneless chicken breast halves
- Cooking spray

1. Combine rum, mango, and habanero in the bowl of a food processor; process until smooth. Pour mango mixture into a small saucepan; bring to a boil. Stir in vinegar, butter, and ⅛ teaspoon salt; reduce heat, and simmer 6 minutes or until reduced to 1 cup.

2. Combine remaining ⅜ teaspoon salt, garlic powder, and next 5 ingredients (through allspice) in a small bowl. Rub oil evenly over chicken; sprinkle evenly with spice mixture.

3. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Arrange chicken on pan; grill 5 minutes on each side or until done. Remove chicken from pan. Let stand 5 minutes. Cut across the grain into thin slices. Serve with mango sauce.

SERVES 4 *(serving size: 1 chicken breast half and about ¼ cup sauce)*
CALORIES 345; **FAT** 13.1g (sat 4.9g, mono 4.4g, poly 1.6g); **PROTEIN** 37g; **CARB** 15g; **FIBER** 1.8g; **SUGARS** 13g (est. added sugars 0g); **CHOL** 124mg; **IRON** 1mg; **SODIUM** 490mg; **CALC** 27mg

SERVE WITH
QUICK RED BEANS AND RICE

If you don't have Cajun seasoning, you can combine equal parts garlic powder, paprika, black pepper, ground red pepper, and dried oregano.

- 1 teaspoon canola oil
- 3 ounces kielbasa, chopped
- ½ cup chopped onion
- ½ cup chopped green bell pepper
- 4 garlic cloves, crushed
- 1 teaspoon salt-free Cajun seasoning
- 1 (16-ounce) can unsalted red kidney beans, rinsed and drained
- 1 cup precooked brown rice (such as Uncle Ben's)

1. Heat a large nonstick skillet over medium heat. Add oil to pan; swirl to coat. Add sausage; cook 4 minutes or until well browned, stirring occasionally. Stir in onion, bell pepper, and garlic; cook 5 minutes or until vegetables are tender. Stir in Cajun seasoning; cook 1 minute. Stir in beans and rice, and cook 3 minutes or until thoroughly heated.

SERVES 4 *(serving size: about ½ cup)*
CALORIES 209; **FAT** 5.7g (sat 1.4g, mono 2.5g, poly 0.9g); **PROTEIN** 12g; **CARB** 30g; **FIBER** 10g; **SUGARS** 2g (est. added sugars 0g); **CHOL** 15mg; **IRON** 2mg; **SODIUM** 274mg; **CALC** 56mg

FOOD STYLING: CHELSEA ZIMMER; PROP STYLING: LINDSEY LOWER

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CHICKEN COOKBOOK

DINNER TONIGHT

40 MINUTES

basil, feta, and quinoa stuffed chicken breasts

Sweet piquanté peppers, also called sweet cherry or Peppadew peppers, are about the size and shape of a strawberry. Look for them at the olive bar or in the pickle section.

- 6 tablespoons water
- 2 tablespoons uncooked quinoa, rinsed and drained
- ¼ cup thinly sliced fresh basil
- 2 tablespoons crumbled feta cheese
- 2 tablespoons finely chopped sweet piquanté red pepper
- 1 tablespoon ⅓-less-fat cream cheese, softened
- 4 (6-ounce) skinless, boneless chicken breast halves
- ⅜ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 tablespoon olive oil

1. Preheat oven to 400°.
2. Bring 6 tablespoons water and quinoa to a boil in a small saucepan. Cover; reduce heat, and simmer 12 to 14 minutes or until liquid is absorbed. Spread cooked quinoa on a plate; freeze 5 minutes or until cool. Combine quinoa, basil, feta, red pepper, and cream cheese in a small bowl. Cut a horizontal slit through the thickest portion of each chicken breast half to form a deep pocket. Stuff 2 tablespoons quinoa mixture into each pocket; secure with a wooden pick. Sprinkle chicken evenly with salt and black pepper.
3. Heat a large skillet over medium-high heat. Add oil; swirl to coat. Add chicken; cook 4 minutes. Turn chicken over. Place pan in oven; bake at 400° for 7 to 8 minutes or until done. Let stand 5 minutes. Discard wooden picks. Cut chicken diagonally into ½-inch-thick slices, if desired. Drizzle pan juices over each serving.

SERVES 4 *(serving size: 1 stuffed chicken breast half)*
CALORIES 262; **FAT** 9.5g (sat 2.4g, mono 4.1g, poly 1.3g); **PROTEIN** 38g; **CARB** 4g; **FIBER** 0g; **SUGARS** 1g (est. added sugars 0g); **CHOL** 114mg; **IRON** 1mg; **SODIUM** 447mg; **CALC** 41mg

SERVE WITH
CARROT "TABBOULEH"

Fresh carrots stand in for bulgur in this no-cook, gluten-free side dish. You can use white wine vinegar in place of lemon juice.

- 8 ounces carrots, trimmed, peeled, and coarsely chopped (about 2 cups)
- ¼ teaspoon whole cumin seeds
- 2 tablespoons chopped walnuts
- ¾ cup fresh flat-leaf parsley leaves, chopped
- ¼ cup fresh mint leaves, chopped
- ¼ cup finely chopped red onion
- ¼ cup golden raisins, coarsely chopped
- 1½ tablespoons extra-virgin olive oil
- 1½ tablespoons fresh lemon juice
- ¼ teaspoon kosher salt

1. Place carrots and cumin seeds in the bowl of a food processor; pulse 3 to 4 times or until coarsely chopped. Add walnuts; pulse 3 times or until coarsely chopped. Place carrot mixture in a bowl. Add parsley and remaining ingredients; stir to combine.

SERVES 4 *(serving size: ½ cup)*
CALORIES 130; **FAT** 7.8g (sat 1g, mono 4.1g, poly 2.4g); **PROTEIN** 2g; **CARB** 15g; **FIBER** 3g; **SUGARS** 9g (est. added sugars 0g); **CHOL** 0mg; **IRON** 1mg; **SODIUM** 168mg; **CALC** 51mg



USE IT UP

Tuck leftover tabbouleh into a pita pocket with sliced chicken and top with a yogurt drizzle for a shawarma-style sandwich.



CHICKEN COOKBOOK

DINNER TONIGHT

40 MINUTES

skillet chicken

with roasted potatoes and carrots

The skillet is used in a few clever ways: Chicken and vegetables get a head start on the stove, finish in the oven, then come out briefly so a simple cream sauce can pick up all the roasted flavors in the pan.

- 1 tablespoon olive oil
- 4 (6-ounce) skinless, boneless chicken breast halves
- ¾ teaspoon kosher salt, divided
- ½ teaspoon freshly ground black pepper, divided
- 8 ounces baby carrots
- 8 ounces small red potatoes, halved
- 1 tablespoon chopped fresh thyme
- 8 thin lemon slices, seeds removed
- 1½ cups whole milk, divided
- 1½ tablespoons all-purpose flour
- 1½ teaspoons grated lemon rind
- ¾ cup unsalted chicken stock (such as Swanson)
- ⅓ cup fresh flat-leaf parsley

1. Preheat oven to 425°.

2. Heat a large skillet over medium-high heat. Add oil; swirl to coat. Sprinkle chicken with ¼ teaspoon salt and ¼ teaspoon pepper. Add chicken to pan; cook 5 minutes or until golden brown. Turn and cook 2 minutes. Remove chicken from pan. Place carrots and potatoes, cut side down, in pan; sprinkle with thyme. Place pan in oven; bake at 425° for 10 minutes. Return chicken to pan; top with lemon slices. Bake at 425° for 12 minutes. Remove pan from oven. Place chicken and vegetables on a plate.

3. Combine ½ cup milk, flour, and rind in a bowl. Return pan to medium-high heat (do not wipe out pan). Add flour mixture, remaining 1 cup milk, and stock to pan, scraping pan to loosen browned bits; cook 3 minutes. Stir in remaining ½ teaspoon salt and ¼ teaspoon pepper. Add chicken and vegetables to pan. Sprinkle with parsley.

SERVES 4 *(serving size: 1 chicken breast half, about ¾ cup vegetables, and ½ cup sauce)*
CALORIES 365; **FAT** 11.1g (sat 3.2g, mono 4.5g, poly 1.3g); **PROTEIN** 42g; **CARB** 23g; **FIBER** 3g; **SUGARS** 9g (est. added sugars 0g); **CHOL** 118mg; **IRON** 2mg; **SODIUM** 673mg; **CALC** 156mg

SERVE WITH
HARICOTS VERTS WITH WARM MUSTARD VINAIGRETTE

- 2 (8-ounce) packages microwave-in-bag haricots verts
- 1½ teaspoons cider vinegar
- 1 teaspoon stone-ground mustard
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 2 teaspoons olive oil

1. Cook beans according to package directions. Combine vinegar, mustard, salt, and pepper in a bowl. Heat oil in a large skillet over medium-high heat. Add beans; sauté 3 to 4 minutes. Add mustard mixture; toss.

SERVES 4 *(serving size: about ½ cup)*
CALORIES 57; **FAT** 2.5g (sat 0.4g, mono 1.7g, poly 0.4g); **PROTEIN** 2g; **CARB** 8g; **FIBER** 3g; **SUGARS** 4g (est. added sugars 0g); **CHOL** 0mg; **IRON** 1mg; **SODIUM** 157mg; **CALC** 43mg

CHICKEN COOKBOOK

DINNER TONIGHT

40 MINUTES

ginger chicken, shiitake, and scallion soup

A quick boil enhances the chicken stock with aromatics for a fragrant broth. Gentle poaching keeps the chicken breast juicy and tender.

- 6 green onions
- 2 teaspoons dark sesame oil
- 4 ounces shiitake mushroom caps, thinly sliced and divided
- 4½ cups unsalted chicken stock (such as Swanson)
- 4 garlic cloves, peeled and crushed
- 3 star anise pods
- 1 (2-inch) piece peeled fresh ginger, crushed
- 4 (6-ounce) skinless, boneless chicken breast halves, cut into bite-sized pieces
- 2 ounces thin brown rice noodles (mai fun)
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

1. Cut white parts of green onions into ½-inch pieces; reserve green parts. Heat a large Dutch oven over medium-high heat. Add oil to pan; swirl to coat. Add white parts of green onions and 2 ounces sliced mushrooms to pan; cook 3 minutes or until browned, stirring occasionally. Add stock, garlic, anise, and ginger; bring to a boil. Boil 5 minutes. Add chicken to pan; reduce heat, and simmer 5 to 6 minutes or until chicken is done.

2. Prepare noodles according to package directions; drain. Cut reserved green parts of green onions into 2-inch pieces. Add remaining 2 ounces mushrooms, cooked noodles, green parts of green onions, salt, and pepper to soup. Divide soup evenly among 4 bowls.

SERVES 4 *(serving size: about 1½ cups)* **CALORIES** 311; **FAT** 7.1g (sat 1.4g, mono 2.2g, poly 1.7g); **PROTEIN** 44g; **CARB** 16g; **FIBER** 2g; **SUGARS** 2g (est. added sugars 0g); **CHOL** 109mg; **IRON** 2mg; **SODIUM** 592mg; **CALC** 54mg

SERVE WITH

CHILI GARLIC BROCCOLINI

Chili garlic sauce can be found on the international aisle of most supermarkets. Add to stir-fries or marinades, stir into ketchup for a spicy kick, or top scrambled eggs.

- 2 tablespoons canola oil, divided
- ½ cup sliced red bell pepper
- 1 pound Broccolini
- 2 teaspoons red wine vinegar
- ¼ teaspoon chili garlic sauce
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 2 small garlic cloves, grated

1. Heat a large skillet over medium-high heat. Add 1 tablespoon oil to pan; swirl to coat. Add bell pepper and Broccolini; cook 5 minutes or until crisp-tender, stirring occasionally.

2. Combine remaining 1 tablespoon oil, vinegar, and remaining ingredients in a small bowl, stirring with a whisk. Drizzle vinegar mixture over Broccolini mixture; toss to coat. Serve immediately.

SERVES 4 *(serving size: about ⅔ cup)* **CALORIES** 116; **FAT** 7.1g (sat 0.5g, mono 4.4g, poly 2g); **PROTEIN** 4g; **CARB** 9g; **FIBER** 2g; **SUGARS** 3g (est. added sugars 0g); **CHOL** 0mg; **IRON** 1mg; **SODIUM** 161mg; **CALC** 84mg



PREP TIP

Use the side of a knife to crush the garlic and ginger. This releases natural oils so they can infuse the stock quickly.

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CHICKEN COOKBOOK

DINNER TONIGHT

35 MINUTES



skillet chicken

with seared avocados

The tiniest bit of sugar helps the avocado halves char in the pan, adding robust toasty flavor.

- 1 tablespoon olive oil
- 4 (6-ounce) skinless, boneless chicken breast halves
- ½ teaspoon kosher salt, divided
- ½ teaspoon black pepper
- ½ teaspoon ground ancho chile powder
- Cooking spray
- 2 small ripe avocados, halved and pitted
- ¼ teaspoon sugar
- 2 medium red onions, peeled and cut into ¼-inch-thick rings
- 4 green onions, trimmed
- 1 poblano pepper, sliced
- 3 tablespoons fresh lime juice
- 1 tablespoon lower-sodium soy sauce
- ⅓ cup reduced-fat sour cream
- 2 to 3 tablespoons water
- 8 cilantro sprigs
- 4 lime wedges
- 1 teaspoon aleppo or other coarse red pepper (optional)

1. Preheat oven to 450°.

2. Heat a large cast-iron skillet over medium-high heat. Add oil to pan; swirl to coat. Sprinkle chicken with ¼ teaspoon salt, black pepper, and chili powder. Add chicken to pan; cook 4 minutes. Turn chicken over; cook 1 minute. Remove chicken from pan (chicken will not be fully cooked).

3. Wipe pan clean with paper towels. Coat pan with cooking spray. Increase heat to high. Sprinkle avocados with sugar. Add avocados, cut side down, to pan; cook 2 minutes or until charred. Remove avocados from pan. Recoat pan with cooking spray. Add red onions; cook 3 minutes or until charred. Turn red onions; add green onions and poblano. Cook 3 minutes. Separate red onions into rings; toss with green onions and poblano. Stir in lime juice and soy sauce. Nestle chicken and avocados into onion mixture. Place pan in oven; bake at 450° for 7 minutes or until chicken is done.

4. Remove pan from oven. Combine sour cream and water in a small bowl until thinned to a saucy consistency. Drizzle sour cream mixture over chicken and avocados. Garnish with cilantro and lime wedges. Sprinkle with remaining ¼ teaspoon salt and aleppo pepper, if desired.

SERVES 4 *(serving size: 1 chicken breast half, 1 avocado half, 2 tablespoons sauce, and ⅔ cup onion mixture)*

CALORIES 417; **FAT** 21g (sat 4.5g, mono 11.1g, poly 2.4g); **PROTEIN** 40g; **CARB** 19g; **FIBER** 7g; **SUGARS** 5g (est. added sugars 0g); **CHOL** 119mg; **IRON** 2mg; **SODIUM** 610mg; **CALC** 78mg

SERVE WITH

ORANGE-JICAMA SALAD

- 1½ tablespoons lime juice
- 1½ tablespoons olive oil
- 1 teaspoon honey
- ¼ teaspoon kosher salt
- 1½ cups orange sections
- 1½ cups julienne-cut peeled jicama
- ¼ cup fresh cilantro leaves
- 2 tablespoons pepitas (toasted pumpkinseed kernels)

1. Combine first 4 ingredients in a large bowl. Add orange and jicama; toss. Top with cilantro and pepitas.

SERVES 4 *(serving size: about ¾ cup)*

CALORIES 120; **FAT** 6.8g (sat 1g, mono 4.2g, poly 1.3g); **PROTEIN** 2g; **CARB** 14g; **FIBER** 4g; **SUGARS** 9g (est. added sugars 1g); **CHOL** 0mg; **IRON** 1mg; **SODIUM** 146mg; **CALC** 33mg

–Recipes by Maureen Callahan; additional recipes by Robin Bashinsky



Beet, Goat Cheese & Walnut Salad



Arugula, Strawberry & Walnut Salad

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Garden Salad with Walnut Vinaigrette

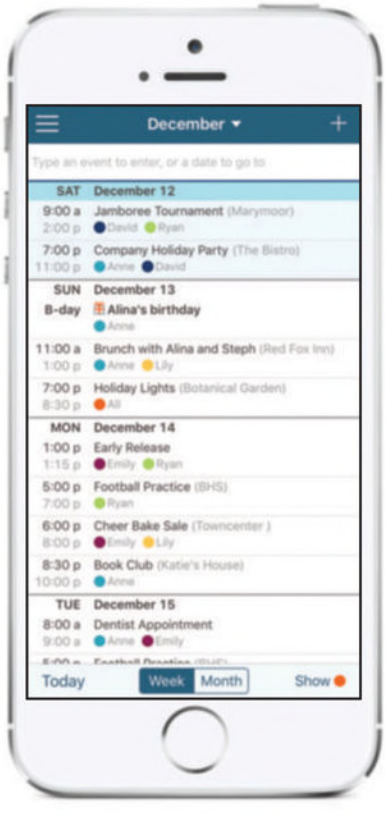


Wilted Spinach Salad with Grilled Onions, Walnuts, Avocado & Apples

*Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake, may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid the plant based omega-3.

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Chicken Sausage and Broccoli Rabe Penne
Recipe p. 34

FOOD STYLING: CHELSEA ZIMMER; PROP STYLING: LINDSEY LOWER

CHICKEN COOKBOOK

SUPERFAST!

20 MINUTES

CHICKEN SAUSAGE AND BROCCOLI RABE PENNE

If broccoli rabe is a bit bitter for your family or if you have trouble finding it, chopped broccoli would be a delicious substitute. Serve with extra lemon for more zip.

- 2 quarts water
- 8 ounces uncooked multigrain penne pasta
- 1 pound broccoli rabe, trimmed and coarsely chopped
- 1 tablespoon olive oil
- 2 (3-ounce) smoked chicken sausages, each diagonally cut into 8 pieces
- ½ teaspoon freshly ground black pepper
- ⅛ teaspoon kosher salt
- 1½ tablespoons fresh lemon juice
- 2 ounces pecorino Romano cheese, grated (about ½ cup)

1. Bring 2 quarts water to a boil in a large saucepan. Add pasta; cook 7 minutes. Add broccoli rabe; cook 2 minutes. Drain pasta mixture, reserving ⅔ cup cooking liquid; keep pasta warm.

2. Heat a large skillet over medium heat. Add oil to pan; swirl to coat. Add sausage to pan; cook 6 minutes or until browned, stirring occasionally. Add ⅔ cup reserved pasta water, pasta mixture, pepper, and salt to pan; bring to a boil. Cook 2 minutes or until slightly reduced. Stir in juice, and sprinkle with cheese.

SERVES 4 *(serving size: 1½ cups)*
CALORIES 374; **FAT** 12g (sat 4.1g, mono 3.7g, poly 0.5g); **PROTEIN** 25g; **CARB** 48g; **FIBER** 6g; **SUGARS** 4g (est. added sugars 1g); **CHOL** 58mg; **IRON** 6mg; **SODIUM** 539mg; **CALC** 264mg



shredded chicken and avocado nacho salad

Dinner doesn't get any easier than this five-ingredient salad. And it's bursting with Super Bowl Sunday potential.

- ¾ cup pico de gallo, divided
- 4 teaspoons extra-virgin olive oil
- 6 cups coarsely chopped iceberg lettuce
- 2 cups shredded skinless, boneless rotisserie chicken breast
- 2 ripe peeled avocados, sliced
- 2 ounces multigrain tortilla chips (about 20 chips)
- ¼ teaspoon freshly ground black pepper

1. Combine ½ cup pico de gallo and oil in a mini food processor; process until smooth. Set aside.

2. Spread lettuce evenly over a large platter; top with chicken and avocado. Drizzle evenly with blended pico de gallo and remaining ¼ cup pico de gallo. Sprinkle with tortilla chips and pepper.

SERVES 4 *(serving size: about 2 cups)*
CALORIES 412; **FAT** 25.5g (sat 3.9g, mono 16.7g, poly 3.2g); **PROTEIN** 26g; **CARB** 25g; **FIBER** 9g; **SUGARS** 6g (est. added sugars 0g); **CHOL** 66mg; **IRON** 2mg; **SODIUM** 547mg; **CALC** 73mg

DAISY VEGETABLE QUESADILLAS

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SIMPLE INGREDIENTS. SIMPLY PURE.

CHICKEN COOKBOOK

SUPERFAST!

20 MINUTES

skillet chicken

with escarole and pecorino

Escarole is amped up with a salty kick from fish sauce and pecorino and is brightened with sweet, crunchy carrots.

- 1 pound escarole, cut into wide ribbons
- 2 tablespoons plus 2 teaspoons extra-virgin olive oil, divided
- 4 (4-ounce) chicken breast cutlets
- 3/8 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 4 large garlic cloves, crushed
- 1/4 teaspoon crushed red pepper
- 1/2 medium red onion, thinly sliced
- 2 teaspoons fish sauce
- 1/4 cup julienne-cut carrot
- 1/2 ounce pecorino Romano cheese, shaved

1. Bring a saucepan of water to a boil over high heat. Add escarole; cook 1 minute. Drain.

2. Heat 2 teaspoons oil in a skillet over medium-high heat. Sprinkle chicken evenly with salt and pepper. Add chicken; cook 2 minutes on each side or until done. Transfer to a plate.

3. Reduce heat. Add remaining 2 tablespoons oil and garlic; cook 1 minute. Stir in red pepper and onion; cook 1 minute. Remove garlic from pan; discard. Add escarole; cook 1 minute. Stir in fish sauce. Divide chicken among 4 plates; top with escarole, carrot, and cheese.

SERVES 4 *(serving size: 1 cutlet, 3/4 cup escarole, 1 tablespoon carrot, and 2 tablespoons cheese)*
CALORIES 258; **FAT** 13.2g (sat 2.6g, mono 7.8g, poly 1.6g); **PROTEIN** 27g; **CARB** 7g; **FIBER** 4g; **SUGARS** 1g (est. added sugars 0g); **CHOL** 75mg; **IRON** 2mg; **SODIUM** 639mg; **CALC** 122mg





TANGY CHICKEN-FARRO BOWL

If you have trouble finding lingonberry, cranberry preserves are a fine substitute.

- 5 tablespoons white vinegar, divided
- 2 tablespoons sugar, divided
- 5/8 teaspoon kosher salt, divided
- 1/8 teaspoon ground allspice
- 2 Persian cucumbers, thinly sliced
- 2 tablespoons Dijon mustard
- 1/2 teaspoon dry mustard
- 1 tablespoon canola oil
- 2 teaspoons finely chopped fresh dill
- 2 (8.5-ounce) packages precooked farro
- 2 (6-ounce) skinless, boneless rotisserie chicken breasts, sliced
- 1/4 cup lingonberry preserves

1. Combine 1/4 cup vinegar, 4 teaspoons sugar, 1/4 teaspoon salt, and allspice in a dish; stir with a whisk. Add cucumbers; toss. Let stand 12 minutes, tossing once. Drain.

2. Combine Dijon, dry mustard, oil, remaining 1 tablespoon vinegar, and remaining 2 teaspoons sugar in a bowl, stirring with a whisk. Stir in dill and 1 1/2 teaspoons water.

3. Heat farro according to package directions. Divide among 4 bowls. Arrange chicken, cucumbers, and preserves over farro. Drizzle with mustard sauce; sprinkle with remaining 3/8 teaspoon salt.

SERVES 4 *(serving size: 3/4 cup farro, 3 ounces chicken, 3 tablespoons pickles, 1 tablespoon preserves, and 1 tablespoon dressing)*
CALORIES 406; **FAT** 7.6g (sat 1.2g, mono 3.3g, poly 1.6g); **PROTEIN** 31g; **CARB** 53g; **FIBER** 4g; **SUGARS** 16g (est. added sugars 15g); **CHOL** 72mg; **IRON** 3mg; **SODIUM** 371mg; **CALC** 44mg

Chronic Idiopathic Constipation (CIC)



Proactively manage your recurring symptoms with LINZESS®

If you're more than occasionally constipated, you may need something other than laxatives. Maybe it's time to talk to your doctor about your chronic constipation symptoms, and ask about LINZESS, a once-daily capsule approved for adults to help manage Chronic Idiopathic Constipation. "Chronic" means the constipation is long-lasting or keeps coming back. "Idiopathic" means the cause is unknown. LINZESS works differently from laxatives. It is thought to work in two ways: by helping to calm pain-sensing nerves*, and by accelerating bowel movements. LINZESS may relieve your symptoms by allowing you to have more frequent and complete bowel movements that are easier to pass.

Bottom line, if your chronic constipation symptoms keep coming back, ask your doctor about LINZESS today.

*This was seen in animal studies and the relevance to humans is not known.

Who is LINZESS for?

Prescription LINZESS® (linaclotide) is for adults with CIC.
It is not known if LINZESS is safe and effective in children.

IMPORTANT RISK INFORMATION

- **Do not give LINZESS to children who are under 6 years of age. It may harm them.**
- **You should not give LINZESS to children 6 to 17 years of age. It may harm them.**
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

Before you take LINZESS, tell your doctor:

- If you have any other medical conditions.
- If you are pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- If you are breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk.
- **About all the medicines you take**, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Side Effects

LINZESS can cause serious side effects, including diarrhea, the most common side effect, which can sometimes be severe. Diarrhea often begins within the first 2 weeks of LINZESS treatment. **Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.**

Other common side effects of LINZESS include gas, stomach-area (abdominal) pain, swelling, or a feeling of fullness or pressure in your abdomen (distension). Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of LINZESS. For more information, ask your doctor or pharmacist.

In addition, call your doctor or go to the nearest hospital emergency room right away if you develop unusual or severe stomach-area (abdominal) pain, especially if you also have bright red, bloody stools or black stools that look like tar.

Learn about our money-saving offer at LINZESS.com.

Please see brief summary of Medication Guide on the next page.

Linzess® (linaclotide) capsules
145 mcg • 290 mcg

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Brief Summary of Important Risk Information
LINZESS® (lin-ZESS) Capsules

Linzess® (linaclotide) capsules
145 mcg • 290 mcg

This information does not take the place of talking to your doctor about your medical condition or your treatment.

What is LINZESS?
LINZESS is a prescription medication used in adults to treat irritable bowel syndrome with constipation (IBS-C) and a type of constipation called chronic idiopathic constipation (CIC). "Idiopathic" means the cause of the constipation is unknown. **It is not known if LINZESS is safe and effective in children.**

What is the most important information I should know about LINZESS?
- **Do not give LINZESS to children who are under 6 years of age. It may harm them.**
- **You should not give LINZESS to children 6 to 17 years of age. It may harm them.**

Who should not take LINZESS?
- **Do not give LINZESS to children who are under 6 years of age.**
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).

What should I tell my doctor before taking LINZESS?
Before you take LINZESS, tell your doctor:
- If you have any other medical conditions.
- If you are pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- If you are breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk. Talk with your doctor about the best way to feed your baby, if you take LINZESS.
- **About all the medicines you take,** including prescription and non-prescription medicines, vitamins and herbal supplements.

How should I take LINZESS?
- Take LINZESS exactly as your doctor tells you to take it.
- Take LINZESS one time each day on an empty stomach, at least 30 minutes before your first meal of the day.
- Swallow LINZESS capsules whole. Do not break or chew the capsules.
- If you miss a dose, skip the missed dose. Just take the next dose at your regular time. Do not take 2 doses at the same time.

What are the possible side effects of LINZESS?
LINZESS can cause serious side effects, including:
- **Diarrhea is the most common side effect of LINZESS, and it can sometimes be severe.** Diarrhea often begins within the first 2 weeks of LINZESS treatment.
- **Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.**

Other common side effects of LINZESS include:
- gas
- stomach-area (abdomen) pain
- swelling, or a feeling of fullness or pressure in your abdomen (distention)

Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of LINZESS. For more information, ask your doctor or pharmacist.

In addition, call your doctor or go to the nearest hospital emergency room right away if you develop unusual or severe stomach-area (abdomen) pain, especially if you also have bright red, bloody stools or black stools that look like tar.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store LINZESS?
- Store LINZESS at room temperature between 68°F to 77°F (20°C to 25°C).
- It is important to keep LINZESS in the bottle that it comes in.
- The LINZESS bottle contains a desiccant packet to help keep your medicine dry (protect it from moisture). Do not remove the desiccant packet from the bottle.
- Keep the container of LINZESS tightly closed and in a dry place.

Keep LINZESS and all medicines out of the reach of children.

Need more information?
- This section summarizes the most important information about LINZESS. If you would like more information, talk with your doctor.
- Go to www.LINZESS.com or call 1-800-678-1605.

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Based on PI LIN19696-F-RMC18356-07/14 LIN27145 07/14



CHICKEN YAKITORI

STAFF FAVE

Kids will love swapping forks for skewers to build their own kebab bites. The sweet-savory glazed chicken is perfect served with basmati rice and crisp steamed veggies.

- Cooking spray
- 3½ tablespoons lower-sodium soy sauce
- 2 tablespoons mirin
- 2 tablespoons sake
- 1 tablespoon canola oil
- 1 tablespoon brown sugar
- 1 tablespoon minced peeled fresh ginger
- 2 garlic cloves, minced
- 1 pound skinless, boneless chicken thighs, cut into 1-inch pieces
- 8 green onions, cut into 1-inch pieces
- 2 teaspoons toasted sesame seeds

1. Preheat broiler to high. Line a jelly-roll pan with aluminum foil; lightly coat with cooking spray.
2. Combine soy, mirin, sake, oil, brown sugar, ginger, and garlic in a saucepan over medium-high heat; bring to a simmer. Reduce heat; cook 5 minutes or until thickened. Place chicken in a bowl. Pour soy sauce mixture over top; toss. Add green onions; toss. Spread mixture in an even layer on prepared pan.
3. Broil chicken 4 to 5 minutes; turn chicken. Broil 4 to 5 minutes or until chicken is done. Transfer to a serving platter. Sprinkle evenly with sesame seeds, and serve with toothpicks or skewers.

SERVES 4 *(serving size: ½ cup)*
CALORIES 234; **FAT** 9g (sat 1.5g, mono 4.1g, poly 2.3g); **PROTEIN** 24g; **CARB** 11g; **FIBER** 1g; **SUGARS** 7g (est. added sugars 5g); **CHOL** 108mg; **IRON** 2mg; **SODIUM** 574mg; **CALC** 43mg

chicken kofte with zucchini

A hit under the broiler leaves zucchini perfectly tender.

- ½ cup purchased tzatziki, divided
- ¼ cup dry breadcrumbs
- ¼ cup grated onion
- 5 tablespoons chopped fresh mint, divided
- 1 teaspoon ground cumin
- ⅝ teaspoon kosher salt, divided
- ⅜ teaspoon black pepper, divided
- ⅛ teaspoon ground red pepper
- 1 pound ground chicken
- 4 teaspoons olive oil, divided
- 4 zucchini, halved lengthwise
- Cooking spray

1. Preheat broiler to high.
2. Combine ¼ cup tzatziki, breadcrumbs, onion, 3 tablespoons mint, cumin, ½ teaspoon salt, ¼ teaspoon black pepper, and red pepper in a bowl, stirring with a whisk. Add chicken; mix with hands. Shape chicken mixture into 8 patties. Heat 2 teaspoons olive oil in a nonstick skillet over medium heat. Add patties; cook 4 minutes on each side or until done.
3. While kofte cook, arrange zucchini, cut side up, on a jelly-roll pan coated with cooking spray. Brush with remaining 2 teaspoons oil; sprinkle with the remaining ⅛ teaspoon salt and ⅛ teaspoon black pepper. Broil 5 minutes or just until tender. Divide kofte and zucchini among 4 plates. Sprinkle with remaining 2 tablespoons mint. Serve with remaining ¼ cup tzatziki.

CHICKEN COOKBOOK
SUPERFAST!
20
MINUTES

SERVES 4 *(serving size: 2 kofte, 2 zucchini halves, and 1 tablespoon tzatziki)*
CALORIES 301; **FAT** 16.9g (sat 4.5g, mono 7.6g, poly 2.5g); **PROTEIN** 24g; **CARB** 15g; **FIBER** 3g; **SUGARS** 7g (est. added sugars 2g); **CHOL** 103mg; **IRON** 3mg; **SODIUM** 555mg; **CALC** 84mg



CHICKEN COOKBOOK

SUPERFAST!

20 MINUTES

sweet and sour chicken

Our take saves 446 calories, 22 grams of fat, and 1,260 milligrams of sodium over one serving of a leading chain's sweet and sour chicken.

- 2 large egg whites
- 4 teaspoons cornstarch, divided
- 1 pound skinless, boneless chicken breasts, cut into 1-inch pieces
- 6 tablespoons unsalted ketchup
- ¼ cup water
- 3 tablespoons cider vinegar
- 2 tablespoons brown sugar
- 1½ tablespoons lower-sodium soy sauce
- 2 tablespoons canola oil, divided
- 1 red bell pepper, cut into 1-inch pieces
- 1½ cups fresh pineapple chunks
- 2 teaspoons grated fresh ginger
- 3 green onions, cut into 1-inch pieces
- ⅜ teaspoon kosher salt

1. Combine egg whites and 1 tablespoon cornstarch in a large bowl, stirring with a whisk. Add chicken to bowl; toss to coat.

2. Combine remaining 1 teaspoon cornstarch, ketchup, and next 4 ingredients (through soy sauce) in a bowl, stirring with a whisk.

3. Heat a large nonstick skillet over medium-high heat. Add 1 tablespoon oil to pan; swirl to coat. Add bell pepper to pan; cook 2 minutes, stirring frequently. Add pineapple, ginger, and onions to pan; cook 2 minutes, stirring occasionally. Transfer bell pepper mixture to a plate.

4. Add remaining 1 tablespoon oil to pan. Add chicken mixture, allowing any excess egg white mixture to drip back into bowl. Stir-fry 6 minutes or until chicken is browned and done. Add ketchup mixture and bell pepper mixture to pan. Bring to a simmer; simmer 1 minute or until slightly thickened. Sprinkle with salt; serve immediately.

SERVES 4 *(serving size: 1 cup)*
CALORIES 324; **FAT** 10.2g (sat 1.2g, mono 5.3g, poly 2.5g); **PROTEIN** 27g; **CARB** 30g; **FIBER** 2g; **SUGARS** 18g (est. added sugars 11g); **CHOL** 73mg; **IRON** 1mg; **SODIUM** 561mg; **CALC** 32mg





GRILLED CHICKEN THIGHS WITH GINGER SAUCE

Flavorful chicken thighs might just be our favorite cut. Here we dress them up with a simple ginger-scallion sauce.

- 1 (8.8-ounce) package precooked brown rice (such as Uncle Ben's)
- 8 teaspoons peanut oil, divided
- 4 bone-in chicken thighs, skinned (about 1½ pounds)
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1¼ cups thinly sliced green onions, green and white parts separated
- 1½ tablespoons grated peeled fresh ginger
- 3 tablespoons sweet sherry
- 3 tablespoons unsalted chicken stock
- 1 tablespoon oyster sauce
- 2 teaspoons rice vinegar

1. Heat rice according to package.

2. Heat a grill pan over medium-high heat; brush with 2 teaspoons oil. Sprinkle chicken with salt and pepper. Add to pan; cook 8 to 10 minutes on each side.

3. Heat remaining 2 tablespoons oil in a skillet over medium-high. Add 1 cup onion whites and ginger; cook 2 minutes. Add sherry, stock, and oyster sauce; cook 1 minute. Stir in vinegar. Top rice with thighs, sauce, and onion greens.

SERVES 4 *(serving size: 1 thigh, ½ cup rice, and 2 tablespoons sauce)*
CALORIES 316; **FAT** 14.6g (sat 2.6g, mono 5.5g, poly 3.8g); **PROTEIN** 23g; **CARB** 21g; **FIBER** 2g; **SUGARS** 1g (est. added sugars 0g); **CHOL** 97mg; **IRON** 2mg; **SODIUM** 472mg; **CALC** 35mg

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taste good, feel good

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RAINBOW POTATO PANCAKES



With a combination of russet and purple potatoes, you can create this savory treat at home in under 20 minutes!

Ingredients

Russet Pancakes

1-2 cups vegetable oil to fill fry pan to ½" deep
3 cups russet potatoes, washed, scrubbed and grated (older potatoes work best because there is less moisture)
3 tablespoons yellow onion, grated
2 eggs, beaten
5 tablespoons potato starch
1½ teaspoons kosher salt
⅛ teaspoon white pepper
Salt, as needed to taste

Purple Pancakes

1-2 cups vegetable oil to fill fry pan to ½" deep
4 cups purple potatoes, washed, scrubbed and grated (older potatoes work best because there is less moisture)
3 tablespoons red onion, grated
2 eggs, beaten
5 tablespoons potato starch
⅛ teaspoon black pepper
1 teaspoon balsamic vinegar (to preserve purple color)
1½ teaspoons kosher salt
Salt, as needed to taste

Directions (Russet Pancakes)

1. Preheat vegetable oil in a skillet until it reaches 350°F.
2. Place potatoes and onion into a clean bar towel. Squeeze out as much moisture as possible.
3. Whisk eggs and whisk in potato starch, kosher salt and white pepper until smooth.
4. Quickly fold onion and potatoes into the egg mixture.
5. Use a ¼-cup measuring cup to portion out a potato pancake. Place into hot oil and flatten with a spatula.
6. Fry until golden brown and flip with a slotted spatula (about 4 minutes per side). Fry until the second side is golden brown.
7. Use a slotted spatula to remove the pancake to a drain pan or rack. Sprinkle with fine salt. For a healthier option, bake in the oven for 15 to 20 minutes at 350°F.

Repeat process for Purple Pancakes. Add balsamic vinegar with step 3.

BEHOLD The 9th WONDER OF THE WORLD

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CHICKEN COOKBOOK

SUPERFAST!

20 MINUTES

chicken cordon bleu grilled cheese sandwiches

The flavors of classic cordon bleu translate delectably as a raveworthy grilled cheese. Serve with a side of wilted spinach or a salad.

- 1½ teaspoons olive oil
- 8 (1-ounce) slices multigrain country bread
- 2 ounces Gruyère cheese, shredded (about ½ cup)
- 2 ounces very thinly sliced prosciutto
- 1⅓ cups shredded skinless, boneless rotisserie chicken breast
- 2 tablespoons reduced-fat sour cream
- 1 teaspoon Dijon mustard
- 2 teaspoons unsalted butter, softened
- 1 teaspoon fresh thyme leaves

1. Heat a nonstick skillet over medium heat. Add oil to pan. Arrange 4 bread slices in pan. Layer cheese, prosciutto, and chicken over slices.

2. Combine sour cream and mustard in a bowl; spread over remaining 4 slices. Top sandwiches in pan with bread slices, sour cream side down.

3. Cook 3 minutes. Turn over; cook 2 to 3 minutes. Transfer to a cutting board. Spread butter evenly over tops of sandwiches; sprinkle evenly with thyme.

SERVES 4 *(serving size: 1 sandwich)* **CALORIES** 348; **FAT** 14g (sat 5.7g, mono 3.7g, poly 2g); **PROTEIN** 29g; **CARB** 28g; **FIBER** 4g; **SUGARS** 5g (est. added sugars 4g); **CHOL** 75mg; **IRON** 2mg; **SODIUM** 691mg; **CALC** 338mg

–Recipes by Laraine Perri, Christine Burns Rudalevige, and Katie Workman



The French fried them. The Irish boiled them.

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Step right up and get the recipe for Rainbow Potato Pancakes and thousands of other incredible dishes at PotatoGoodness.com

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CHICKEN COOKBOOK

SLOW COOKER

slow cooker chicken tikka masala

STAFF FAVE

Hands-on: 17 min. Total: 8 hr. 10 min.

We love the heat level in this slow cooker take on tikka masala to fend off winter chill. If the spice kick is too much for your family, you can cut the red pepper down by half without losing any of the dynamic flavor layers.

- 1 tablespoon extra-virgin olive oil
- 1 cup chopped onion
- 1 tablespoon minced peeled fresh ginger
- 6 garlic cloves, minced
- 2 tablespoons tomato paste
- 2 (14.5-ounce) cans unsalted diced tomatoes
- 1/3 cup water
- 3 tablespoons all-purpose flour
- 1 tablespoon garam masala
- 1 1/2 teaspoons paprika
- 1 teaspoon curry powder
- 1 teaspoon kosher salt
- 1/2 teaspoon ground red pepper
- 4 (6-ounce) skinless, bone-in chicken thighs
- Cooking spray
- 1 cup light coconut milk
- 3 tablespoons chopped fresh cilantro
- 2 cups cooked brown basmati rice
- 1/4 cup plain Greek yogurt

1. Heat oil in a large nonstick skillet over medium-high heat. Add onion, ginger, and garlic to pan; cook 6 to 7 minutes or until starting to brown, stirring occasionally. Stir in tomato paste and tomatoes; bring to a simmer, and cook 3 minutes. Combine 1/3 cup water and flour in a small bowl, stirring with a whisk until smooth. Add flour mixture, garam masala, paprika, curry powder, salt, and pepper to pan; stir well. Bring to a boil; cook 1 minute.

2. Place chicken thighs in a 6-quart slow cooker coated with cooking spray. Add tomato mixture to slow cooker. Cover and cook on LOW 7 hours or until chicken is very tender and sauce has thickened. Turn slow cooker to HIGH; uncover and add coconut milk, stirring with a whisk. Cook, uncovered, 15 minutes. Turn cooker off; stir in cilantro. Let stand 10 minutes. Serve over rice. Top each serving with 1 tablespoon yogurt.

SERVES 4 *(serving size: 1/2 cup rice, 1 chicken thigh, 1 1/4 cups sauce mixture, and 1 tablespoon yogurt)*

CALORIES 406; **FAT** 13.5g (sat 5g, mono 4g, poly 1.4g); **PROTEIN** 26g; **CARB** 46g; **FIBER** 5g; **SUGARS** 12g (est. added sugars 0g); **CHOL** 99mg; **IRON** 3mg; **SODIUM** 686mg; **CALC** 80mg

–Recipe by David Bonom

FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN



peppered white bean, kale, and egg stack

Hands-on: 30 min.
Total: 30 min.

Which came first, the chicken or the egg? We say the egg, hence this tasty vegetarian twist in our chicken cookbook.

- 1 (14.5-ounce) can unsalted Great Northern beans, rinsed and drained
- ½ cup water
- ½ teaspoon grated lemon rind
- ⅜ teaspoon black pepper, divided
- 1 ounce vegetarian Parmesan cheese, grated (about ¼ cup)
- 2 teaspoons olive oil, divided
- 5 cups chopped kale
- ½ teaspoon kosher salt, divided
- 2 tablespoons white vinegar
- 4 large eggs
- ¼ cup chopped onion
- 2 teaspoons fresh lemon juice
- 1 teaspoon minced fresh cilantro
- 1 teaspoon minced fresh flat-leaf parsley
- 1 plum tomato, seeded and finely chopped
- 1 garlic clove, minced

1. Combine beans and ½ cup water in a saucepan; bring to a boil. Cook 4 minutes; remove from heat. Stir in rind, ⅛ teaspoon pepper, and cheese; coarsely mash.

2. Heat a Dutch oven over medium-high heat. Add 1 teaspoon oil to pan; swirl to coat. Add kale and ¼ teaspoon salt. Cook 3 minutes or until kale wilts, stirring frequently. Remove kale from pan; keep warm.

3. Wipe Dutch oven clean with a paper towel; return pan to medium-high heat. Add water to pan, filling two-thirds full; bring to a boil. Reduce heat; simmer. Add vinegar. Break each egg into a custard cup. Gently pour eggs into pan; cook 3 minutes or until desired degree of doneness. Carefully remove eggs using a slotted spoon; place on a paper towel–lined plate.

4. Combine remaining 1 teaspoon oil, remaining ¼ teaspoon pepper, remaining ¼ teaspoon salt, onion, and remaining ingredients in a medium bowl. Divide bean mixture evenly among 4 plates. Top evenly with kale, eggs, and tomato mixture.

SERVES 4 *(serving size: ⅓ cup bean mixture, ⅔ cup kale, 3 tablespoons salsa, and 1 egg)*

CALORIES 264; **FAT** 10.5g (sat 3.2g, mono 4.1g, poly 1.6g); **PROTEIN** 16g; **CARB** 28g; **FIBER** 9g; **SUGARS** 2g (est. added sugars 0g); **CHOL** 192mg; **IRON** 4mg; **SODIUM** 493mg; **CALC** 286mg

–Recipe by Tiffany Vickers Davis

FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN

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CHICKEN COOKBOOK
KIDS IN THE KITCHEN

chicken and black bean enchiladas

Hands-on: 23 min.
Total: 1 hr. 45 min.

Chipotles can be a touch spicy, but you can use only half of what's called for to decrease heat and still get great smoky flavor.

- Cooking spray
- 1 tablespoon canola oil
- 1½ cups chopped onion
- 1 cup chopped poblano chile
- 5 garlic cloves, minced
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- ½ teaspoon dried oregano
- 1 cup unsalted chicken stock
- 1 tablespoon pureed canned chipotle chiles in adobo sauce
- 2 (8-ounce) cans unsalted tomato sauce
- 3 cups shredded cooked skinless chicken breast
- 1 (15.5-ounce) can unsalted black beans, rinsed and drained
- 4 ounces shredded reduced-fat cheddar cheese (about 1 cup)
- 4 ounces shredded part-skim mozzarella cheese (about 1 cup)
- 16 (6-inch) corn tortillas
- 1 cup prepared salsa
- ½ cup reduced-fat sour cream
- Fresh cilantro leaves (optional)

1. Preheat oven to 350°. Coat a 13 x 9–inch baking dish with cooking spray.

2. Heat oil in a large skillet over medium heat. Add onion, poblano, and garlic; sauté 4 minutes or until onion and poblano are tender. Stir in chili powder, cumin, and oregano. Add stock, chipotles, and tomato sauce, and bring to a gentle simmer; cook 5 minutes or until slightly thickened.

3. Combine chicken and black beans in a medium bowl; add half of sauce mixture. Combine cheeses in a bowl; add ½ cup cheese mixture to chicken mixture. Toss to combine.

4. Place 8 tortillas on a microwave-safe plate; cover with a slightly damp paper towel. Microwave at HIGH for 45 seconds or until warm. Working with 1 tortilla at a time, place tortilla on a flat work surface; spoon ¼ cup chicken mixture onto 1 end of tortilla. Roll up, jelly-roll style. Repeat procedure with remaining tortillas, heating up second batch of tortillas when first batch is used up. Arrange enchiladas, seam side down, in prepared dish. Pour remaining sauce over enchiladas; sprinkle with remaining cheese mixture. Bake, uncovered, at 350° for 30 minutes or until sauce is bubbly and cheese is melted and golden brown. Serve enchiladas with salsa, sour cream, and cilantro, if desired.

SERVES 8 *(serving size: 2 enchiladas, 2 tablespoons salsa, and 1 tablespoon sour cream)*
CALORIES 406; **FAT** 13.1g (sat 5.4g, mono 2.9g, poly 1.8g); **PROTEIN** 32g; **CARB** 42g; **FIBER** 8g; **SUGARS** 7g (est. added sugars 1g); **CHOL** 70mg; **IRON** 3mg; **SODIUM** 531mg; **CALC** 435mg

–Recipe by Katie Workman



THE KIDS' GUIDE TO ENCHILADAS



1 PREPARE THE TORTILLAS

Warm tortillas are pliable and less likely to crack or tear while they are being rolled up with filling. To warm, stack tortillas on a plate, and heat them in the microwave. Keep warmed tortillas covered: A damp paper towel does the trick and keeps the tortillas moist.



2 FILL, TUCK, AND ROLL

Rolling is easiest if you make sure not to go overboard with the filling. Begin by placing filling at the edge rather than in the middle of the tortilla. Tuck the edge under the filling, and then start rolling for a compact enchilada that won't easily fall apart after it is baked.

FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN


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CHICKEN COOKBOOK

LET'S COOK!

honey-lime drumsticks

with snow peas and brown rice

Hands-on: 30 min. Total: 30 min.

- 3 tablespoons lower-sodium soy sauce
- 2 tablespoons honey
- 2 tablespoons hot water
- 2 tablespoons fresh lime juice
- 1 tablespoon canola oil
- 1 tablespoon grated peeled fresh ginger
- 2 garlic cloves, grated
- 8 chicken drumsticks (about 2 pounds), skinned
- 3/4 teaspoon freshly ground black pepper, divided
- Cooking spray
- 2 (6-ounce) packages microwave-in-bag snow peas
- 1 (8.5-ounce) pouch precooked brown rice (such as Uncle Ben's)
- 1 teaspoon grated lime rind
- 1/8 teaspoon salt



$9.60 *for* **FOUR SERVINGS**



PREHEAT oven to 375°. Combine soy sauce and next 6 ingredients (through garlic) in a small bowl, stirring with a whisk.



CUT a 1/2-inch-deep slit in meaty end of each drumstick. Sprinkle with 1/2 teaspoon pepper. Heat an ovenproof skillet over medium-high heat. Coat pan with cooking spray. Add drumsticks; cook 4 minutes, browning on all sides. Add sauce; turn to coat. Place pan in oven. Bake at 375° for 15 minutes, turning occasionally.



PREPARE snow peas according to package directions. Prepare rice according to package directions. Combine snow peas, rice, remaining 1/4 teaspoon pepper, rind, and salt in a bowl. Drizzle any remaining soy sauce mixture over drumsticks. Serve with snow pea mixture.

Let's COOK!

$12 OR LESS. 30 MIN. OR LESS. Download the full curriculum in English or Spanish at **cookinglight.com/letscook.**

SERVES 4 *(serving size: 2 drumsticks and about 1 cup snow pea mixture)*

CALORIES 349; **FAT** 10.8g (sat 1.8g, mono 4.4g, poly 2.2g); **PROTEIN** 30g; **CARB** 35g; **FIBER** 4g; **SUGARS** 12g (est. added sugars 9g); **CHOL** 134mg; **IRON** 4mg; **SODIUM** 607mg; **CALC** 57mg

–Recipe by Christine Burns Rudalevige

FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN

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CHICKEN
COOKBOOK
WEEKEND WARRIOR
GET-AHEAD COOKING

COOK ONCE, EAT 3X

CHICKEN

Two juicy, crispy birds cook in just 45 minutes and yield enough for 3 nights of meals.





1

GARLIC-SAGE ROASTED CHICKEN WITH KALE AND RADICCHIO CAESAR SALAD

Hands-on: 30 min.
Total: 1 hr. 25 min.

- Cooking spray
- 2 (3.5-pound) whole chickens
- 1½ tablespoons olive oil
- 2 tablespoons minced fresh sage
- 1 tablespoon grated lemon rind
- 1¼ teaspoons freshly ground black pepper, divided
- 1 teaspoon kosher salt, divided
- 3 garlic cloves, minced
- ¾ cup plus 2 tablespoons hot water, divided
- 2 tablespoons canola mayonnaise
- 1 tablespoon lemon juice
- ½ teaspoon anchovy paste
- ½ cup very thinly sliced radicchio
- 5 ounces fresh baby kale
- 1 ounce Parmesan cheese, shaved (about ¼ cup)

1. Preheat oven to 450°.
2. Line a rimmed baking sheet with foil; place a wire rack on pan. Coat rack with cooking spray. Place 1 chicken, breast side down, on a cutting board. Using kitchen shears, cut along either side of backbone; discard bone. Turn chicken over; press down on the thighs and wings with the heel of your hand. Arrange chicken, breast side up, on rack. Repeat procedure with remaining chicken.
3. Starting at the neck of 1 chicken, loosen skin from breasts and drumsticks by inserting fingers, gently pushing between skin and meat. Combine oil, sage, rind, ½ teaspoon pepper, ½ teaspoon salt, and garlic in a bowl. Rub sage mixture under loosened skin, over flesh. (Do not season other chicken.) Add ¾ cup water to pan. Bake chickens at 450° for 40 minutes or until a thermometer inserted into thickest part of thigh registers 165°. Let stand 10 minutes. Remove skin from both chickens; discard skin. Sprinkle the unseasoned chicken with ½ teaspoon pepper and remaining ½ teaspoon salt. Carve both chickens. When cool, shred the unseasoned chicken, keeping light and dark meat separate. Reserve shredded chicken for Recipes 2 and 3.
4. Combine remaining ¼ teaspoon pepper, remaining 2 tablespoons hot water, mayonnaise, juice, and anchovy paste in a large bowl. Add radicchio and kale; toss. Sprinkle with Parmesan. Serve with garlic-sage chicken.

SERVES 4 *(serving size: 1 breast half or 1 leg quarter and about 1½ cups salad)*
CALORIES 412; **FAT** 21g (sat 5.1g, mono 9.5g, poly 4g); **PROTEIN** 48g; **CARB** 6g; **SUGARS** 0g (est. added sugars 0g); **FIBER** 1g; **CHOL** 144mg; **IRON** 3mg; **SODIUM** 589mg; **CALC** 164mg

2

THAI GREEN CURRY CHICKEN

Hands-on: 16 min.
Total: 28 min.

- 2 tablespoons green curry paste
- 1 tablespoon grated peeled fresh ginger
- 2 teaspoons fish sauce
- 1 (14-ounce) can light coconut milk
- ¾ cup shredded dark meat chicken
- ½ cup shredded chicken breast
- 1 tablespoon lime juice
- 1 tablespoon sesame oil
- 3 cups sliced baby bok choy
- 1 cup sliced red bell pepper
- 1 garlic clove, minced
- 5 ounces uncooked wide brown rice noodles
- ½ cup cilantro leaves
- 4 lime wedges

1. Combine first 4 ingredients in a saucepan over medium-high heat. Bring to a boil; reduce heat, and simmer 15 minutes. Stir in chicken; cook 5 minutes. Remove pan from heat; stir in lime juice. Heat oil in a skillet over medium-high heat. Add bok choy and bell pepper; sauté 2 minutes. Add garlic; cook 30 seconds. Prepare rice noodles according to the package directions; drain. Place 4 ounces noodles in each of 4 bowls; top each with ½ cup chicken mixture and ½ cup vegetables. Sprinkle with cilantro, and serve with lime wedges.

SERVES 4
CALORIES 254; **FAT** 7.6g (sat 2.5g, mono 2.3g, poly 1.9g); **PROTEIN** 13g; **CARB** 34g; **FIBER** 4g; **SUGARS** 2g (est. added sugars 0g); **CHOL** 41mg; **IRON** 1mg; **SODIUM** 431mg; **CALC** 53mg

FOOD STYLING: KELLIE GERBER KELLEY AND (TOP LEFT) CHELSEA ZIMMER; PROP STYLING: CLAIRE SPOLLEN

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CHICKEN COOKBOOK
WEEKEND WARRIOR

3 CHICKEN TINGA TACOS

Hands-on: 18 min.
Total: 24 min.

- 1 tablespoon olive oil
- 1 cup chopped onion
- 2 garlic cloves, minced
- 1 tablespoon fresh oregano
- ½ teaspoon ground cumin
- 1 small chipotle chile, canned in adobo
- ¾ cup chopped tomato
- ¼ cup unsalted chicken stock
- 1 tablespoon adobo sauce
- 2 cups shredded chicken breast
- 1 cup shredded dark meat chicken
- ¼ teaspoon kosher salt
- 8 (6-inch) corn tortillas, warmed
- ¼ cup reduced-fat sour cream
- ½ cup cilantro
- 1 ripe peeled avocado, sliced
- 1 ounce queso fresco, crumbled
- 4 lime wedges

1. Heat oil in a large skillet over medium heat. Add onion and garlic; sauté 4 minutes. Add oregano, cumin, and chipotle chile; cook 1 minute. Add tomato, stock, and adobo; bring to a simmer. Cook 7 minutes. Place tomato mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Cover opening with a kitchen towel (to avoid splatters); blend until smooth. Return sauce to pan over low heat. Add chicken and salt; cook 1 minute. Divide mixture among tortillas. Top evenly with sour cream, cilantro, avocado, and cheese. Serve with lime.

SERVES 4 *(serving size: 2 tacos)*
CALORIES 402; **FAT** 18g (sat 4.6g, mono 8.8g, poly 2.6g); **PROTEIN** 30g; **CARB** 33g; **FIBER** 8g; **SUGARS** 4g (est. added sugars 0g); **CHOL** 99mg; **IRON** 2mg; **SODIUM** 502mg; **CALC** 131mg

—Recipes by Hannah Klinger



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chicken, spinach, and mushroom lasagna

Hands-on: 60 min.
Total: 1 hr. 45 min.

Chicken thighs poach until tender in stock, which becomes the base for a creamy béchamel sauce. No-boil noodles absorb more liquid during baking for a sturdy slice after freezing and reheating.

- 3 cups unsalted chicken stock (such as Swanson)
- 1½ pounds skinless, boneless chicken thighs, trimmed
- 2½ tablespoons olive oil
- 1½ cups chopped onion
- 3 tablespoons minced garlic
- 1½ teaspoons kosher salt, divided
- ½ teaspoon chopped fresh thyme
- ½ teaspoon crushed red pepper
- 10 ounces sliced cremini mushrooms
- 3 (6-ounce) packages fresh spinach
- Cooking spray
- 1½ cups 2% reduced-fat milk
- ½ cup all-purpose flour
- ¼ teaspoon ground nutmeg
- 2 ounces Parmigiano-Reggiano cheese, grated (about ½ cup)
- 12 no-boil lasagna noodles
- 5 ounces part-skim mozzarella cheese, shredded (about 1¼ cups)

1. Bring stock to a boil in a large saucepan over medium-high heat. Add chicken; reduce heat, and simmer 18 to 20 minutes or until chicken is done. Remove chicken from pan; reserve stock. When cool enough to handle, shred with 2 forks.

2. Heat a large skillet over medium-high heat. Add oil; swirl to coat. Add onion, garlic, ½ teaspoon salt, thyme, pepper, and mushrooms; sauté 8 minutes. Stir in spinach, 1 package at a time, cooking 2 minutes after each addition or until spinach wilts before adding more. Remove pan from heat; stir in chicken.

3. Preheat oven to 375°.

4. Coat 2 (8-inch) square baking dishes with cooking spray. Combine milk, flour, and nutmeg, stirring with a whisk until smooth. Bring reserved stock to a boil over medium-high heat. Gradually add milk mixture to stock mixture, stirring constantly with a whisk. Stir in remaining 1 teaspoon salt. Cook 5 minutes or until thickened, stirring occasionally. Remove pan from heat; stir in Parmigiano-Reggiano. Pour ½ cup sauce into bottom of each baking dish. Top each with 2 noodles, 1 cup chicken mixture, 1 cup sauce, and ¼ cup mozzarella, making sure noodles are covered with sauce. Repeat layers once with noodles, chicken mixture, and sauce. Top dishes evenly with remaining 4 noodles, remaining sauce, and remaining ¾ cup mozzarella.

5. Cover dishes tightly with foil coated with cooking spray. Bake at 375° for 25 minutes. Uncover and bake at 375° for 10 to 15 minutes or until browned and bubbly, or follow freezing instructions. Let stand 5 minutes before serving.

HOW-TO

FREEZE
Cool pan completely. Cover with foil; freeze up to 2 months.

THAW
In metal pan: Thaw overnight in refrigerator. In glass or ceramic: Uncover and microwave at HIGH 15 minutes or until thawed.

REHEAT
Cover; bake at 375° for 25 minutes. Uncover and bake 5 minutes.

SERVES 12
CALORIES 286; **FAT** 10.2g (sat 3.5g, mono 4g, poly 1.3g); **PROTEIN** 23g; **CARB** 25g; **FIBER** 2g; **SUGARS** 4g (est. added sugars 0g); **CHOL** 67mg; **IRON** 3mg; **SODIUM** 523mg; **CALC** 238mg

—Recipe by David Bonom

FOOD STYLING: CHELSEA ZIMMER; PROP STYLING: LINDSEY LOWER

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15AEBIAE

nutrition made easy EASIER

Making sense of all that science

The anatomy of a *Cooking Light* recipe, and why you'll now find sugar listed with every one of them.

BY SIDNEY FRY, MS, RD



[PART 1]

HOW IT WORKS

MORE THAN EVER, consumers want to know the truth about how producers in the food industry create the products they sell. Now it's our turn to pull back the curtain on our recipes.

At *Cooking Light,* our team of food editors, experienced cooks, and dietitians builds recipes with whole foods and whole grains, and bigger portions of plants and seafood than meat. We emphasize oil-based fats more than saturated, and we promote a balanced diet low in processed foods and added sugars.

Whenever we call for ingredients that are high in saturated fat (think butter), sodium (soy sauce), or both (bacon), we use them in small amounts as flavor-boosting solutions in quicker-cooking dishes rather than the focal point of the plate. Our no-no list is short: We don't cook with any products containing artificial sweeteners or trans fats, aka partially hydrogenated oils.

Most important, each recipe must deliver the same pleasures—all the creaminess, crunch, richness, comfort, and satisfaction—as its heavier counterpart. Recipes are retested in the Cooking Light Kitchen if they fall short of delivering these joys, and we constantly reevaluate them to see if the nutrition would allow for, say, a sprinkle of Parmesan, a dash of kosher salt, or a splash of olive oil to help meet our high standards for taste.

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: CHELSEA ZIMMER; PROP STYLING: CLAIRE SPOLLEN

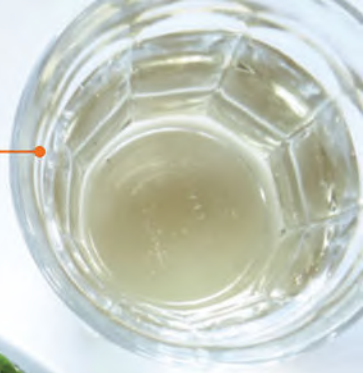
[PART 2]

THE PORTIONS

EACH RECIPE that comes through the Cooking Light Kitchen is evaluated visually, too, to ensure that we're providing a satisfying, realistic portion (no one-bite brownies here) that fulfills its role as part of a balanced plate. Per person, we consider the following when portioning.

ALCOHOL

1 drink per day for women, 2 for men. A drink is defined as 1.5 ounces liquor, 5 ounces wine, or 12 ounces beer.



See page 64 for these recipes.

THE PROTEIN

Our aim is to shift the focus of the plate to more plant-based proteins. See our Flip, page 110.

SEAFOOD
5 ounces cooked. Try to eat twice per week.

BEEF AND PORK
3 ounces cooked

CHICKEN
4½ ounces cooked breast; 3 ounces cooked thigh (based on supermarket portions)

SAUSAGE & BACON
Used in small amounts, to boost flavor

THE GRAINS

Preferably whole, to fill a quarter of the plate (about ½ cup)

THE FRUITS & VEGGIES

These should fill half your plate. Our servings start at ½ cup; more is encouraged.

[PART 3]

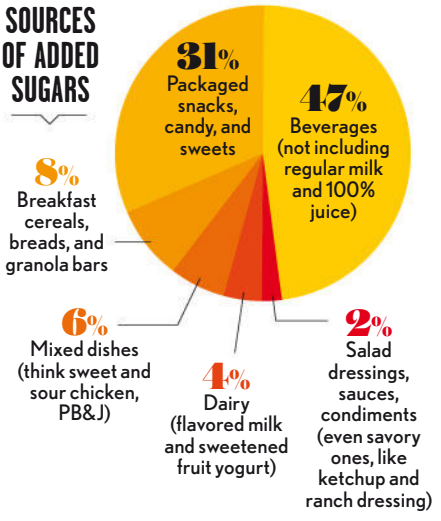
THE NUMBERS

***COOKING LIGHT* RECIPES** adhere to a rigorous set of nutrition guidelines that govern calories, saturated fat, sodium, and sugar based on various recipe categories. The numbers in each category are derived from the most recent set of USDA Dietary Guidelines for Americans:

Calories: 1,600–2,000 calories per day. We break this down into three meals that range from 350 to 550 calories, plus two (100- to 150-calorie) snacks.
Sodium: Less than 2,300mg per day.
Saturated Fat: Less than 20g per day.
Sugars: Less than 38g *added* sugars per day (as recommended by the American Heart Association).

A word about sugars: Starting with this issue, we're listing sugars with each recipe, and we are taking our stats a step further by calculating and including estimated added sugars (those added during processing).

Why should you care? Naturally occurring sugars, like those found in fruit and dairy, contain essential vitamins, minerals, protein, water, and fiber—nutrients that boost health and keep us full. But added sugars have little to no added benefit, only empty calories, of which the average American consumes 350 a day—the equivalent



PIE CHART SOURCE: SCIENTIFIC REPORT OF THE 2015 DIETARY GUIDELINES ADVISORY COMMITTEE

of 88g. The cumulative effect of these added calories has been linked to heart disease, weight gain, and diabetes.

Why list them now? The American Heart Association recommends no more than 25g (that's only 100 calories, or about 6 teaspoons) of added sugars a day for women, and 38g (146 calories, or about 9 teaspoons) for men, roughly the same amount as in half a 20-ounce bottle of soda. One caveat: The FDA doesn't yet require food manufacturers to list added sugars, only total sugars, so it's impossible to know how much of a food's sugar is added and how much occurs naturally.

We expect the USDA to set new nutrition standards this year, so we're proactively setting our guidelines for added sugars to 38g now.

As cooks, we know a little bit of indulgence can be part of a balanced diet, and we value the role sugar—in moderation—plays in a healthy kitchen: It has the unique ability to balance acidity, add texture to baked goods, and preserve foods. Lowering sugar intake becomes easier when you control the amount you use in your kitchen. Our new nutrition stats will help you do just that.

As we wait for the FDA to require added-sugar totals for manufactured foods, here's a guide to help you identify where added sugars tend to hide.

Sugar, Sugar Everywhere

Not all sources of added sugars are obvious, nor are they necessarily sweet. Here are a few unusual suspects, and a few suggestions for how to eat less.

NATURAL	ADDED	TOTAL	TRY THIS
8 ounces 2% reduced-fat milk 12g natural sugars	13g added sugars	**8 ounces low-fat chocolate milk** 25g total sugars	Store vanilla bean pods in regular milk to infuse it with a hint of flavor.
1 packet plain unsweetened oatmeal 0g natural sugars	12g added sugars	**1 packet maple-brown sugar oatmeal** 12g total sugars	A savory take on oatmeal: Top quick-cooking steel-cut oats with a poached egg and diced avocado.
1 cup fresh tomato puree 6g natural sugars	9g added sugars	**1 cup marinara sauce** 15g total sugars	Tomatoes are a fruit, slightly sweet on their own. Choose tomato products without any sugars on the ingredient list, and stir in a splash of naturally sweet balsamic vinegar.
½ cup pinto beans 2g natural sugars	30g added sugars	**1 cup canned maple-bacon baked beans** 32g total sugars	Try our recipe on page 122, where we emphasize smoky flavors like chipotle, bacon, and smoked paprika for a bowl of comfort-filled baked beans with only 4g added sugars per cup.
12 ounces nonfat plain latte 18g natural sugars	17g added sugars	**12 ounces nonfat flavored latte** 35g total sugars	Spice up your espresso with cinnamon, vanilla bean, cardamom, or a surprisingly tasty splash of pomegranate juice.
6 ounces 2% reduced-fat plain Greek yogurt 6g natural sugars + **¼ cup fresh blueberries** 4g natural sugars	19g added sugars	**6 ounces blueberry-flavored yogurt** 29g total sugars	Stir in 2 teaspoons of natural nut butter, and top with toasted nuts for crunch.

NUTRITION MADE EASIER

PORTION PLATE RECIPES



KALE AND SPINACH SALAD WITH BEETS AND ROASTED GARLIC–CITRUS VINAIGRETTE

Hands-on: 20 min. Total: 1 hr. 20 min.

Filling half the plate with plants isn't as hard as you think. We make it easier with salty, crispy bacon—one piece is all it takes to elevate this bountiful bowl of fruits and vegetables.

- 1 whole garlic head
- 12 ounces baby red beets
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon water
- 2 teaspoons fresh orange juice
- 1 teaspoon red wine vinegar
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 4 cups baby spinach
- 4 cups torn Lacinato kale
- 1 thick applewood-smoked bacon slice, chopped
- 1 cup fresh orange segments

1. Preheat oven to 350°.

2. Remove white papery skin from garlic head (do not peel or separate cloves). Wrap head in foil. Arrange beets on a large sheet of foil; wrap tightly. Bake garlic and beets at 350° for 1 hour or until beets are tender; cool 10 minutes. Separate garlic cloves; squeeze to extract garlic pulp. Discard skins. Combine garlic pulp, oil, and next 5 ingredients (through pepper) in a small bowl, stirring with a whisk. Place spinach and kale in a large bowl.

3. Heat a medium skillet over medium heat. Add bacon; cook 5 minutes or until crisp, stirring occasionally. Increase heat to high. Stir in garlic mixture; remove from heat. Pour hot bacon mixture over kale mixture, tossing to coat.

4. Peel beets; discard skins. Cut beets in half. Arrange beets and oranges over kale mixture.

SERVES 6 *(serving size: 1 cup)*
CALORIES 144; **FAT** 8.1g (sat 1.3g, mono 5g, poly 1g); **PROTEIN** 4g; **CARB** 16g; **FIBER** 4g; **SUGAR** 7g (est. added sugars 0g); **CHOL** 2mg; **IRON** 2mg; **SODIUM** 197mg; **CALC** 113mg

QUINOA WITH TOASTED WALNUTS

Hands-on: 25 min. Total: 25 min.

The USDA recommends making half your grains whole, but we say go all in. Make them in batches, and eat all week long. A toasty nut topper adds just the right crunch.

- 1 cup uncooked quinoa
- 2 teaspoons extra-virgin olive oil
- 2 tablespoons finely chopped shallots
- 1 tablespoon minced garlic
- 1¼ cups organic vegetable stock
- 1 teaspoon fresh thyme
- ¼ teaspoon kosher salt
- ¼ cup walnuts, toasted
- 2 tablespoons chopped fresh chives
- 1 tablespoon toasted walnut oil
- ¼ teaspoon freshly ground black pepper

1. Rinse and drain quinoa. Heat a large saucepan over medium-high heat. Add 2 teaspoons olive oil to pan; swirl to coat. Add shallots; sauté 1 minute or until tender. Add garlic; cook 1 minute, stirring constantly. Add quinoa; cook 2 minutes, stirring frequently. Add vegetable stock, thyme, and kosher salt; bring to a boil. Cover, reduce heat, and simmer 12 minutes or until the liquid is absorbed and quinoa is tender.

2. Combine quinoa mixture, walnuts, chives, walnut oil, and pepper; toss.

SERVES 6 *(serving size: ½ cup)*
CALORIES 178; **FAT** 8.8g (sat 0.9g, mono 2.5g, poly 5.1g); **PROTEIN** 5g; **CARB** 21g; **FIBER** 3g; **SUGAR** 2g (est. added sugars 0g); **CHOL** 7mg; **IRON** 2mg; **SODIUM** 197mg; **CALC** 24mg

PAN-SEARED HERB SHRIMP

Hands-on: 30 min. Total: 45 min.

The size of meat portions is shrinking, leaving more room on the plate for heart-healthy seafood. Eat fish more often, and make it pop with this herb- and lemon-packed dressing.

- 3½ tablespoons olive oil, divided
- ¾ cup fresh cilantro leaves
- ¾ cup fresh parsley leaves
- ½ cup fresh basil leaves
- 2 tablespoons chopped green onions
- 2 tablespoons fresh orange juice
- 2 tablespoons fresh lemon juice
- 1 teaspoon Dijon mustard
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 2 garlic cloves
- 24 jumbo shrimp (about 1½ pounds), peeled and deveined

1. Combine 2 tablespoons olive oil and next 10 ingredients (through garlic) in a food processor; process until smooth. Set aside 2 tablespoons marinade. Place remaining marinade in a bowl; add shrimp, tossing to coat. Marinate in refrigerator for 30 minutes, stirring occasionally.

2. Heat a large skillet over medium-high heat. Add remaining 1½ tablespoons oil to pan; swirl to coat. Remove shrimp from marinade. Add shrimp to pan; sauté 3 minutes or until thoroughly cooked. Drizzle remaining 2 tablespoons marinade over shrimp.

SERVES 4 *(serving size: 6 shrimp and 1½ teaspoons marinade)*
CALORIES 228; **FAT** 12.2g (sat 1.6g, mono 7.6g, poly 1.3g); **PROTEIN** 24g; **CARB** 5g; **FIBER** 1g; **SUGAR** 1g (est. added sugars 0g); **CHOL** 214mg; **IRON** 1mg; **SODIUM** 434mg; **CALC** 124mg

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†Antioxidants include Vitamin C, Zinc and Manganese. *Based on using the USDA.gov nutrient database value for a large, raw orange. ©Alacer 2015

[PART 4]

THE RECIPE MAKEOVER

Naturally Sweet Citrus Smoothie

ORANGE DREAMSICLE packs a creamy, citrusy kick in the pants, a better alternative to that carb-loaded breakfast bagel, right? Not so fast. An orange smoothie is a great way to add a few servings of fruit into the diet, but it's also packed with sugar—more than 70g total. That's a milk shake in disguise with nearly 18 teaspoons of sugar.

But wait—smoothies are the perfect example of why we need to better understand the difference between natural and added sugars. Most of the sugars in smoothies come naturally in the form of fruit or dairy, along with the fiber, protein, and calcium that are inherently tied to these foods. The rest is added in the form of honey, turbinado, or agave—all sweeteners with little nutritive value other than calories.

To lighten, we use creamy Greek yogurt as the protein-packed base, then sweeten with fresh oranges and ripe mango. We drop all added sugars, cutting out 25g, and allow the naturally sweet fruit to shine. A creamy, dreamy, portable, sunshine-filled sip with half the calories and 70% less sugar? Now that's a resolution revolution.



OUR DREAMSICLE SMOOTHIE saves **183 calories,** adds **5g protein,** and cuts **49g sugar** from the classic orange-cream smoothie. Bonus: Double the fiber.



ORANGE DREAMSICLE SMOOTHIE

Hands-on: 10 min. Total: 10 min.

Segment the orange over a bowl to catch all of those tasty juices, and add them to the blender before processing. You can buy frozen mangoes, but for the creamiest sip, start with fresh, and freeze overnight.

- 1 cup 2% reduced-fat Greek yogurt
- ⅔ cup ice cubes
- ½ cup chopped peeled ripe mango, frozen
- ½ cup fresh orange juice
- 1 medium orange, peeled and sliced into segments
- 1 teaspoon vanilla extract

1. Place all ingredients in a blender; process 1 minute or until completely smooth. Divide mixture evenly between 2 glasses.

SERVES 2 *(serving size: about 1¼ cups)*
CALORIES 164; **FAT** 2.6g (sat 1.6g, mono 0.1g, poly 0.1g); **PROTEIN** 11g; **CARB** 25g; **FIBER** 2g; **SUGARS** 22g (est. added sugars 0g); **CHOL** 8mg; **IRON** 0mg; **SODIUM** 39mg; **CALC** 113mg

FOOD STYLING: KELLIE GERBER KELLEY

BUILD A BETTER BLEND

The smallest smoothie-shop smoothies start around 16 ounces, making more room in the cup for added sugars. We downsize the portion by a third but pack heartier, more filling ingredients like a whole orange, fresh mango, and Greek yogurt into the blender for a smarter on-the-go weekday breakfast solution.



Greek Yogurt
We use 2% Greek yogurt in place of whole milk, adding a whopping 10g protein per serving (6 more than milk) and a pleasantly tangy, creamy flavor and texture to our smoothie.



Fresh Orange Juice and Whole Orange
Fresh-squeezed juice and a whole, segmented orange sub in for frozen concentrate to cut sugar by 29g per serving. Whole fruit adds more fiber, too.



Fresh Mango
Mango adds a rich, creamy texture and naturally sweet, juicy goodness for only 25 calories and 5.5g natural sugars per serving. Pop fresh peeled mango into the freezer for a few hours or overnight.



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healthyhabits

+ Beauty: Lemon & Lime p. 75 + Travel: Miami p. 81

Put Your DIGITAL HABITS *on a* DIET

Taking a technology break can be a huge boost to your quality of life. Try these simple steps.

BY KAREN ASP



If you were to compare your digital habits to a diet, most of us could say we're consuming the equivalent of a drive-through meal plan. That's because the average American consumes five to six hours of non-work- and non-school-related digital technology a day, which translates to about 25% to 35% of your day spent in front of a screen, says David Greenfield, PhD, founder of The Center for Internet and Technology Addiction and assistant clinical professor of psychiatry at the University of Connecticut School of Medicine in West Hartford. "These are empty digital calories," Greenfield says.

This constant need to be "on" boosts anxiety, which in turn increases levels of the stress hormone cortisol. In fact, when people checked their email only about five times a day versus whenever they wanted, they felt less stressed, according to a study from the journal *Computers in Human Behavior*. "Digital technology keeps us in a hyperaroused state, which works against our biological nature," Greenfield says. "By staying in this constant state of arousal, you activate your adrenals and produce stress hormones, which affects immune function and exhausts you, reducing productivity and interrupting sleep patterns."

While frittering away time is certainly one pitfall of digital technology, loss of

ILLUSTRATIONS: MAÏTÉ FRANCHI–FOLIOART.CO.UK

"View devices as you would ice cream—consume in moderation."

personal connections may be the most alarming, and kids may be in bigger danger than adults, says Larry Rosen, PhD, professor of psychology at California State University in Dominguez Hills and author of *iDisorder* and *The Distracted Mind*. "By being plugged in 24-7, kids are losing the ability to converse with others, can't interpret their emotions correctly, and aren't willing to communicate their emotions with people," he says. Without possessing these communication skills, no matter your age, you lessen the quality of every relationship in your life.

Fortunately, you don't have to sever all ties with digital devices to benefit from a break, not even for a day. Going dark would be an improbable task for most people, and these devices do have benefits, namely connecting with people and providing information, Rosen says.

The key—to continue the dietary metaphor—lies in viewing them as you would pizza or ice cream and consuming them in moderation. You'll then sleep better, be happier and less stressed, improve your relationships, and have more time to devote to things you've always wanted to do. With a few moderate behavior tweaks, you can learn how to better incorporate a healthy dose of digital "calories" into your diet.

3 Easy Ways to Unplug

1 SET LIMITS

Retrain your brain to check things like email and Facebook less by gradually increasing the amount of time you go without, Rosen says. Start with 15 minutes, turning your phone and other devices off and setting an alarm. When the alarm rings, allow yourself a one-minute check-in. Repeat this every 15 minutes, and keep lengthening the time by five-minute increments until you hit 30 minutes. Then, for every 90 minutes that you use technology, take 10 minutes to give your brain a break by going for a walk outside, calling a friend, or meditating.



2 ABIDE BY THE TWO-HOUR RULE

Limit non-school- and non-work-related digital time to no more than two hours daily. "Anything over that is too much," Greenfield says. To fill the extra time you'll now have, create a list of 100 nondigital activities you love doing just for the sake of it—like playing games, practicing yoga, and reading a book—and refer to this list whenever you need to fill nondigital time. "You're essentially reestablishing a perception of how to engage in life without technology," Greenfield says.



3 DETACH AT NIGHT

If you're having trouble unplugging during the day, do it at night so you can slumber more soundly. Since digital screens emit blue light that messes with melatonin, put away all of your LED-based technology an hour before bed, Rosen says. Then dim the lights and read a print book or magazine (or use an e-reader that doesn't have LED), listen to music you're familiar with so it doesn't tax your brain, or watch a TV show you know. Remove your smartphone from the room or, if that's not possible, turn it off and flip it over so you can't see it.

Reconsider Your Alarm Clock

Your next step after banishing the smartphone from your bedroom? Try reverting to an old-fashioned alarm clock. That way you're less tempted to check your email in the middle of the night or waste time scrolling Facebook when you rise.

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FROM THE EDITORS OF MONEY MAGAZINE

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The BEAUTY HABIT

Pucker Up to Lemon and Lime

Brighten up your complexion with these sunny citrus fruits. BY CINDY HATCHER



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$8, **vaseline.com**

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$20, **target.com**

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A soothing, 100% natural herbal mixture—chamomile, lemon balm, calendula—that helps even out skin tone. And its benefits go beyond personal: This line was developed without animal testing.

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PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN

The BEAUTY HABIT

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Give cuticles the VIP treatment with a delightful lemony scent. Leave on overnight for deeper moisture.

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Brightens under-eye area with lemon peel extract and hydrates to fight fine lines, puffiness, and dark circles. Apply morning and night after cleansing.

$45, **purityofelements.com**

Revive Post-Gym Hair

These 3 steps help take you from hot mess to fresh tressed.

STEP 1: WASH SANS WATER

Dry shampoo absorbs oil and moisture. **Living Proof Perfect Hair Day** ($22, livingproof.com) is designed to target and remove sweat and odor. Spray along hairline and at roots, wait 30 seconds, and then massage into scalp to feel instantly fresher.



STEP 2: BRUSH IT OUT

After your sweat sesh, brush out tresses—we like **Goody's QuikStyle Paddle Brush** ($12, target.com), which has microfiber bristles to absorb moisture. Use a blow-dryer to reset your style, recommends celeb stylist Kim Kimble.



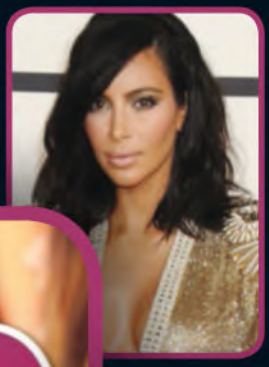
STEP 3: SET AND GO

Finish by spraying on a flexible, alcohol-free hairspray, like **Pantene's Pro-V Style Series Airspray** ($7, pantene.com), to add softness and shine. Leave shorter hair down, or twist longer manes into a chic topknot that looks (and feels) cooler.



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The BEAUTY HABIT

What's in Your Bag, NIGELLA LAWSON?

The British culinary queen dishes on her recipe for beauty.



You've likely seen this saucy chef on one of her cooking shows or in the pages of her nine cookbooks. Her latest, *Simply Nigella: Food to Nourish Body & Soul,* shares lighter recipes, such as her Wild Alaskan Salmon, Avocado, Watercress, and Pumpkin Seed Salad. "It's quick and makes me feel fabulously calm. Plus it's lusciously good!" she says. When she's out of the kitchen, Lawson relies on a steady consumption of yoga and water to keep herself looking as good as she feels. We asked her to share some of her picks for feeling pretty.



1 CHANEL COCO MADEMOISELLE MOISTURIZING BODY LOTION Even products you can't see make you feel better, and wearing this body lotion in my favorite scent is much subtler and more beguiling than spraying on perfume. *$52,* **chanel.com**

2 LAURA MERCIER SHIMMER BLOCK IN PINK MOSAIC If you're pale skinned, it's difficult to find a blush that doesn't make you look like a painted doll, but this brushes on to give a rosy glow and de-ghouls my pallor. *$44,* **lauramercier.com**

3 BOBBI BROWN TINTED EYE BRIGHTENER IN BISQUE A few dabs of this make me look like I'm well rested even when I haven't had any sleep. *$31,* **bobbibrown.com**

4 CHARLOTTE TILBURY FULL FAT LASHES Apart from having a great name, this gives lashes length, curl, and volume. It is the holy grail of mascaras. *$29,* **charlottetilbury.com**

5 EVE LOM MUSLIN CLEANSING CLOTHS For 30 years I've washed my face every night with a muslin cloth. The ritual remains. I can't go to bed without a clean face. *$22,* **nordstrom.com**

➔ **Visit cookinglight.com to read more of our chat with Lawson.**

PHOTOGRAPHY: (NIGELLA LAWSON) DEBRA HURFORD BROWN. (CINDY HATCHER) RANDY MAYOR; HAIR AND MAKEUP STYLING: CELINE C. RUSSELL. (BOTTOM RIGHT) COURTESY OF ELIZABETH ARDEN



CINDY HATCHER BEAUTY EDITOR

WHAT I LOVE THIS MONTH

My favorite beauty category of 2015 was definitely primer, and this is yet another superb one I've added to my collection: **Elizabeth Arden's Flawless Start Instant Perfecting Primer** ($34, elizabetharden.com). It has the lightest, sheerest application that sets up my skin perfectly for foundation, powder, and the rest of the fun stuff.



WHAT ABOUT YOU?

Cindy Hatcher is *Cooking Light*'s beauty editor. Tell her what products you're loving right now at **cindy_hatcher@timeinc.com.** We'll feature your top picks on our blog.

The TRAVEL HABIT

Miami

In about 2,000 calories and 10,000 steps*

*A unique guide to good eating and great exercise for hungry travelers

See the exercise math at *cooking light.com/math.*

MORNING

Sunrise over the Bay

Coconut Grove may be one of the oldest areas of Miami, but it has many young, athletic residents. You'll find them with their bike helmets slung over chairs at ❶ **GreenStreet Café** (greenstreetcafe.net). Ask for a bowl of the toasty granola with cranberries, cashews, and raisins with local honey.

Now you're ready to join the Grovites on the shores of ❷ **David T. Kennedy Park,** where a steady parade of runners, bikers, and strollers line the 29-acre waterfront.

After all that activity, stop for lunch at ❸ **Harry's Pizzeria** (harryspizzeria.com), a recent addition by Miami's James Beard Award–winning chef Michael Schwartz. Savor the pie topped with caramelized onions, potato, cave-aged Gruyère, and arugula.

Burn: 398 calories
Eat: 968 calories

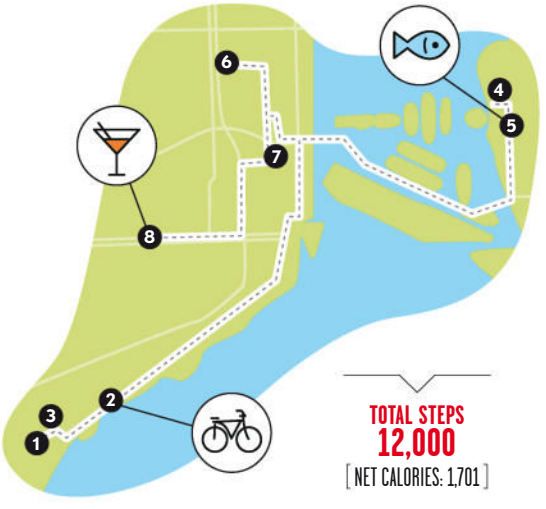
WATER BREAK

Miami Beach

Take a scenic drive to **South Beach,** home to sherbet-colored Art Deco buildings and gorgeous beaches. It's time to view Miami from the perch of a paddleboard, which you can rent at ❹ **Miami Beach Paddleboard** (miamibeachpaddleboard.com). Plan at least an hour to tour the mansions and mangroves along the calm waters with the Miami skyline as your backdrop.

Once you've toweled off, walk two blocks south to ❺ **CVI.CHE 105** (ceviche105.com) for Peruvian seafood. Sample their classic ceviche: tender pieces of corvina fish marinated in lime juice with garlic, onion, cilantro, and hearty chunks of sweet potato.

Burn: 525 calories
Eat: 346 calories





AFTERNOON

Wynwood

View the city's artistic side in **Wynwood.** Stunning murals have transformed a warehouse district into a vibrant canvas of street art, galleries, and restaurants. Grab a quick bite at the neighborhood's kosher bakery, ❻ **Zak the Baker** (zakthebaker.com, closed Saturdays). The roasted beet toast with a sprinkling of feta and za'atar spices is a stellar snack.

Burn: 41 calories
Eat: 508 calories

DINNER

West Downtown

Head downtown to the **Arts & Entertainment District.** At ❼ **Fooq's** (fooqsmiami.com), try the Persian chicken, organic chicken thighs braised with local peaches and served in a golden sauce fragrant with turmeric, cinnamon, cardamom, dill, and tarragon. It's served over toasty brown rice spiked with tiny cubes of dried apricot.

Eat: 611 calories





From top: Beet toast at Zak the Baker, biking in South Beach, the vibrant murals of Wynwood

MOON OVER MIAMI

Little Havana

When it opened its doors in the mid-1930s, ❽ **Ball & Chain** (ballandchainmiami.com) was the Little Havana club where jazz legends like Billie Holiday and Chet Baker crooned for socialites.

Shuttered for decades, this gem reopened recently with live music and Cuban cocktails reminiscent of the good old days. Order a drink, and then go ahead and have some tapas, too. You'll dance it off on the club's patio, which hosts a lively crowd into the wee hours. Nibble the crispy Mariquitas de Maduros, sweet plantains served with garlic sauce. They go best with a minty iced mojito. The drink is, like Miami, a classic.

Burn: 281 calories
Eat: 513 calories

—Victoria Pesce Elliott

PHOTOGRAPHY: ROLANDO DIAZ; (TOP LEFT) ZAK THE BAKER



RESOLVE TO MAKE 2016 YOUR HEALTHIEST YEAR EVER.

We're here to help, with easy cooking, shopping, and nutrition solutions from *Cooking Light*'s expert team of editors. From produce-packed breakfasts to ways to cut back on sugar, this is your guide to your best year yet.

PHOTOGRAPHY BY JENNIFER CAUSEY

Start Your Y

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Pomegranate-Farro Breakfast Salad with Honey Ricotta

Recipe p. 85

ear Off Light

EAT A HEALTHY BREAKFAST EVERY DAY

Instead of thinking of breakfast as an obligation, consider it an opportunity, one that sets you up for healthy success the rest of the day. Studies show that people who eat breakfast are more focused and alert and better able to maintain a healthy weight (perhaps because those who don't eat a morning meal tend to overcompensate, calorie-wise, later in the day). Aim for a balanced plate, one that contains satiating protein and heart-healthy fats, fresh fruits and/or vegetables, and whole grains whenever possible. To help you do so, here we offer five fast, delicious breakfast salads to kick off the day. New to the idea of breakfast salads? See our tips for building a great one on page 86.



MAKE A BREAKFAST SALAD

A well-composed one can deliver 20% of your daily protein, 2 to 3 servings of fruits or veggies, a serving of whole grains, and as much as 10 grams of fiber—all before 9 a.m.

FRIED EGG AND CRUNCHY BREADCRUMB BREAKFAST SALAD

Hands-on: 11 min. Total: 11 min.

If you have access to whole-grain rye bread, definitely give it a try here; it's so flavorful on its own and adds a special lift to this salad. You can make the toasted breadcrumbs up to two days ahead; just store in an airtight container or zip-top bag until you're ready for them.

- 1 ounce whole-grain bread
- 1 tablespoon extra-virgin olive oil, divided
- 1 large egg
- 1½ teaspoons white wine vinegar
- ⅛ teaspoon kosher salt
- ⅛ teaspoon freshly ground black pepper
- 1½ cups salad greens
- 4 radishes, halved

1. Tear bread into small pieces. Heat 1 teaspoon oil in a small skillet over medium-high heat. Add breadcrumbs to pan; cook 3 minutes or until toasted, stirring occasionally. Remove from pan.
2. Reduce heat to medium. Add ½ teaspoon oil to pan. Crack egg into pan; cover and cook for 1½ to 2 minutes or until desired degree of doneness.
3. Combine remaining 1½ teaspoons oil, vinegar, salt, and pepper in a medium bowl. Add greens and radishes; toss to coat. Top with egg and breadcrumbs.

SERVES 1

CALORIES 250; **FAT** 18.9g (sat 3.5g, mono 11.7g, poly 2.5g); **PROTEIN** 9g; **CARB** 14g; **FIBER** 5g; **SUGARS** 2g (est. added sugars 0g); **CHOL** 186mg; **IRON** 2mg; **SODIUM** 389mg; **CALC** 163mg



POMEGRANATE-FARRO BREAKFAST SALAD WITH HONEY RICOTTA

Hands-on: 7 min. Total: 7 min.

For a tangier citrus flavor, go with lemon; for more floral, sweet notes, try tangerine. To keep prep simple, use purchased pomegranate arils from the produce section, or pre-prep a fresh pomegranate the night before.

- 3 tablespoons part-skim ricotta cheese
- ½ teaspoon grated lemon or tangerine rind
- ½ teaspoon honey
- 1 teaspoon extra-virgin olive oil
- 1 teaspoon fresh lemon or tangerine juice
- ⅛ teaspoon kosher salt
- 2 cups fresh mâche or baby spinach
- ⅓ cup cooked whole-grain farro
- ⅓ cup pomegranate arils
- 1 tablespoon coarsely chopped roasted almonds

1. Combine first 3 ingredients in a small bowl.
2. Combine oil, juice, and salt in a medium bowl. Add greens and farro; toss to coat. Arrange greens mixture in a shallow bowl; top with pomegranate, almonds, and ricotta mixture.

SERVES 1

CALORIES 294; **FAT** 13.3g (sat 3.2g, mono 6.6g, poly 1.5g); **PROTEIN** 12g; **CARB** 41g; **FIBER** 8g; **SUGARS** 11g (est. added sugars 3g); **CHOL** 14mg; **IRON** 2mg; **SODIUM** 387mg; **CALC** 189mg

Healthy Breakfasts to Buy

Because some days, there's just no time to make breakfast



FROM THE FREEZER CASE

Amy's Tofu Scramble: Hefty, delicious serving of veggie-tofu scramble and hash browns.

CALORIES 320; **FAT** 19g (sat 3g); **PROTEIN** 22g; **SUGARS** 4g; **FIBER** 4g; **SODIUM** 580mg



FROM THE CEREAL AISLE

Grape-Nuts Original: Four simple ingredients to enjoy hot or cold.

CALORIES 210; **FAT** 1g (sat 0g); **PROTEIN** 6g; **SUGARS** 5g; **FIBER** 7g; **SODIUM** 270mg



FROM THE DRIVE-THROUGH

Starbucks Egg and Cheddar Breakfast Sandwich: Whole-wheat English muffin with egg and cheese.

CALORIES 280; **FAT** 13g (sat 5g); **PROTEIN** 12g; **SUGARS** 2g; **FIBER** 2g; **SODIUM** 460mg



FROM THE SNACK-FOOD SHELF

Nature Valley Protein Chewy Bars (Peanut Butter Dark Chocolate): Dominated by roasted peanuts, with more protein than sugar.

CALORIES 190; **FAT** 12g (sat 3.5g); **PROTEIN** 10g; **SUGARS** 6g; **FIBER** 5g; **SODIUM** 180mg

For more of our healthy breakfast picks, visit **cookinglight.com/newyear.**

WHAT'S YOUR GO-TO HEALTHY BREAKFAST?

"Yogurt with crisp farro (from the night before), roasted apple, chia seeds, and maple syrup. Or butter lettuce, kale, chopped tomatoes, capers, and olives over an over-easy egg."

–HUGH ACHESON, CHEF AND RESTAURATEUR

FOOD STYLING: CHELSEA ZIMMER; PROP STYLING: KIRA CORBIN; (TOP RIGHT) FOOD STYLING: BLAKESLEE WRIGHT GILES; PROP STYLING: CLAIRE SPOLLEN



GRAPEFRUIT, AVOCADO, AND PROSCIUTTO BREAKFAST SALAD

Hands-on: 10 min. Total: 10 min.

Bright, refreshing grapefruit pairs surprisingly well with nutty-earthy toasted sesame oil. This meal is full of satiating heart-healthy fats that will keep you full for a long time.

- 1 small ruby red grapefruit
- ¾ teaspoon dark sesame oil
- ⅛ teaspoon freshly ground black pepper
- Dash of kosher salt
- 1 cup microgreens, baby arugula, or torn lettuce
- ½ ripe peeled avocado, thinly sliced
- 1 very thin slice prosciutto

1. Peel grapefruit; cut sections from grapefruit over a medium bowl. Squeeze membranes to extract about 1 tablespoon juice. Set sections aside. Add oil, pepper, and salt to juice, stirring with a whisk. Add greens; toss to coat. Arrange greens on a plate; top with grapefruit sections, avocado, and prosciutto.

SERVES 1

CALORIES 245; **FAT** 15.8g (sat 2.5g, mono 8.2g, poly 2.9g); **PROTEIN** 7g; **CARB** 24g; **FIBER** 8g; **SUGARS** 15g (est. added sugars 0g); **CHOL** 11mg; **IRON** 1mg; **SODIUM** 503mg; **CALC** 53mg

How to Build a Breakfast Salad

We love breakfast salads. They're light, fresh, and balanced, preventing that all-too-familiar carb/sugar overload. Here are some tips for building a great one.

Avoid overly strong flavors. Raw garlic doesn't suit most folks first thing in the morning.

Include protein and fat for satiety. That protein can come from an egg, a little cheese, leftover bacon, nuts, canned beans, or whole grains. Unsaturated fats (olive and nut oils, avocado, or nuts) are ideal for keeping you satisfied longer.

Keep it simple. This is breakfast, after all; on weekdays you don't have time to fuss with a lot of prep.

Pay attention to texture. Try to include something crispy-crunchy, creamy-silky, juicy-fresh, and/or meaty-chewy.

Vary the base. Sometimes, go with greens. Other days, try beans, whole grains, or veggies.

GREEK CUCUMBER AND CHICKPEA BREAKFAST BOWL

Hands-on: 10 min. Total: 10 min.
Dill absolutely makes this salad, offering a fresh, herbaceous boost that livens up the canned chickpeas. It's a satisfying bowl of crunchy, creamy, chewy textures.

- 1½ teaspoons extra-virgin olive oil
- 1½ teaspoons red wine vinegar
- ⅛ teaspoon freshly ground black pepper
- Dash of kosher salt
- ½ cup unsalted canned chickpeas, drained
- 2 tablespoons slivered roasted red bell peppers
- 2 pitted kalamata olives, finely chopped
- ½ cup thinly sliced cucumber
- 2 tablespoons crumbled feta cheese
- 2 teaspoons chopped fresh dill

1. Combine first 4 ingredients in a medium bowl, stirring with a fork or whisk. Add chickpeas, bell peppers, and olives; toss to combine. Arrange cucumber slices and chickpea mixture in a bowl; top with cheese and dill.

SERVES 1
CALORIES 255; **FAT** 11.6g (sat 3.1g, mono 5.6g, poly 0.8g); **PROTEIN** 9g; **CARB** 28g; **FIBER** 6g; **SUGARS** 3g (est. added sugars 0g); **CHOL** 13mg; **IRON** 2mg; **SODIUM** 467mg; **CALC** 160mg

BACON, EGG, AND KALE BREAKFAST SALAD

Hands-on: 12 min. Total: 12 min.
Based loosely on the flavors of a BLT, this salad is hearty and light at the same time. Don't worry if it feels like you don't have a lot of dressing; the luscious golden yolk makes a creamy sauce in the bowl.

- 1 large egg (refrigerator-cold)
- 2 cups chopped Lacinato kale
- ½ cup halved grape tomatoes
- 1½ teaspoons extra-virgin olive oil
- 1½ teaspoons cider vinegar
- ⅛ teaspoon kosher salt
- 1 bacon slice, cooked and crumbled
- ⅛ teaspoon freshly ground black pepper

1. Bring a small saucepan of water to a boil. Add cold egg; reduce heat until water is simmering, and cook for 6 minutes. Drain and rinse with cold water. Peel egg, and set aside.
2. Combine kale and tomatoes in a bowl. Drizzle with oil and vinegar, and sprinkle with salt; toss to coat. Top with bacon. Carefully cut egg in half. Top salad with egg; sprinkle with pepper.

SERVES 1
CALORIES 257; **FAT** 15.9g (sat 3.7g, mono 8.3g, poly 2.6g); **PROTEIN** 14g; **CARB** 17g; **FIBER** 4g; **SUGARS** 11g (est. added sugars 0g); **CHOL** 195mg; **IRON** 4mg; **SODIUM** 558mg; **CALC** 219mg

—Recipes by Ann Taylor Pittman

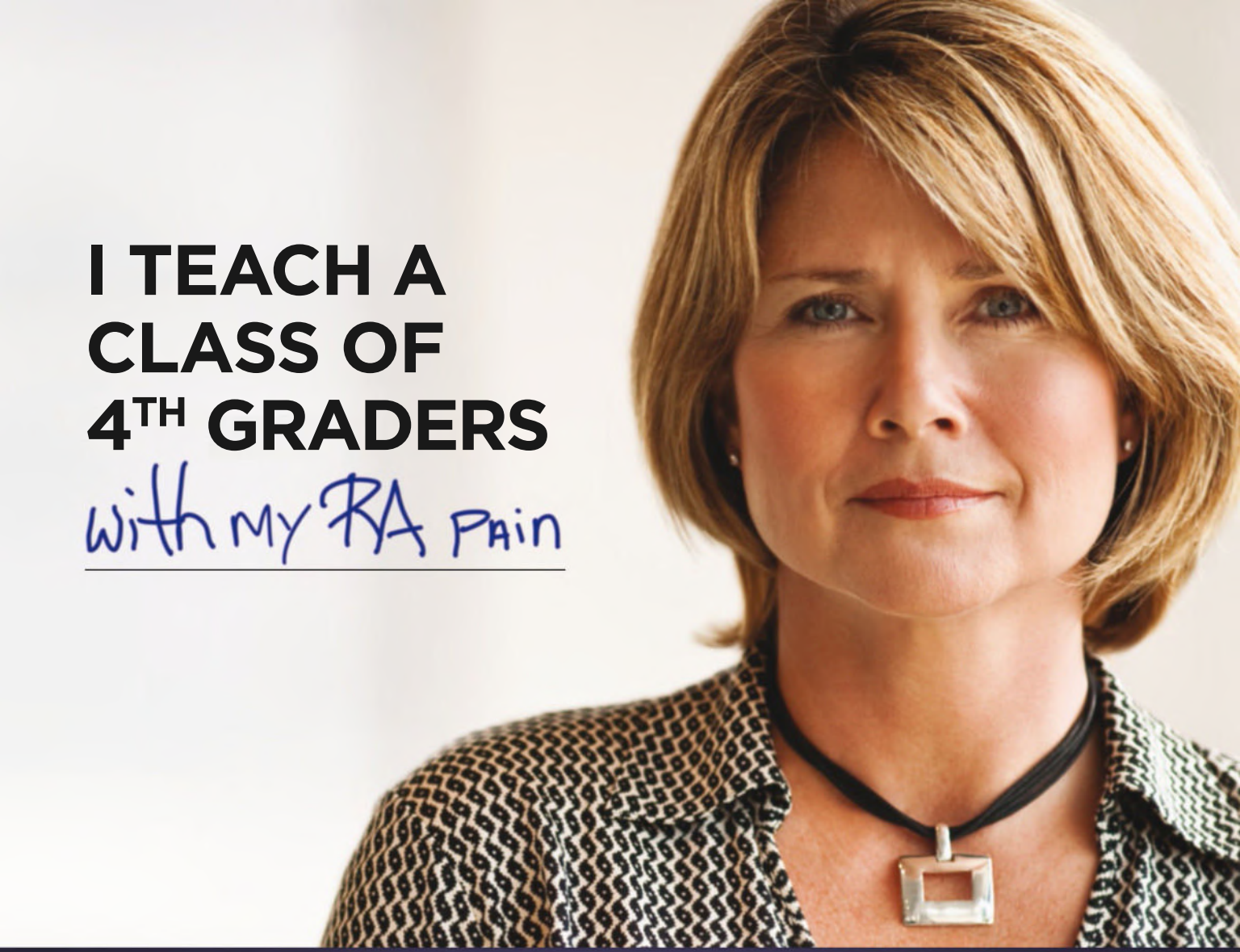




WHAT'S YOUR GO-TO HEALTHY BREAKFAST?

"A mix of berries, other fresh fruits, whole-grain cereal, and nonfat, plain Greek yogurt to hold it together…with no added sweetener."

—DAVID KATZ, DIRECTOR, YALE UNIVERSITY PREVENTION RESEARCH CENTER



IT'S NOT OK TO JUST GET BY WITH RA PAIN.

Nobody chooses to have RA, but you do have control over how you live your life with it. If you feel like you're just getting by, talk to your doctor. But keep in mind that patients and rheumatologists often think about RA in different ways. Rethinking how you have the conversation could make a difference in what your doctor recommends.

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DRINK HEALTHIER BEVERAGES

Only 57% of adults drink more than 4 cups of water a day—that's a serious drought. On average, women need 9 glasses and men need 13. But there's more than hydration at stake: People who drink more water eat more fruits and veggies, exercise more, and eat less fast food. Aim for water to make up 75% of your fluid consumption, if not more. Here are ways to up your total.



INFUSED WATER
Place ingredients in a 32-ounce mason jar or pitcher, and fill with 22 ounces filtered or sparkling water. Stir gently, cover, and refrigerate at least 1 hour (longer for more intense flavor). Store in refrigerator up to 3 days.

1

ORANGE + GRAPE + BASIL
4 orange slices + 10 grapes, halved + 4 fresh basil sprigs

2

APPLE + GINGER + LEMONGRASS
8 Granny Smith apple slices + 5 fresh ginger slices + 2 (1-inch) lemongrass sticks

3

CUCUMBER + THYME + TANGERINE
5 cucumber slices + 2 thyme sprigs + 4 tangerine slices



WHY WE INFUSE?

"I drink more when I add herbs or fruit. It's not just plain old water anymore. It's delicious and adds a slight flavor so every single day is different, and I never get bored with the endless combinations."

–TERESA SABGA,
CL DIGITAL FELLOW

4

GRAPEFRUIT + ROSEMARY + JALAPEÑO
4 grapefruit slices + 2 rosemary sprigs + 3 small jalapeño slices, seeded

5

PEAR + CINNAMON + VANILLA BEAN
8 pear slices + 1 cinnamon stick + ½ vanilla bean

6

GREEN TEA + MINT + POMEGRANATE
1 green tea bag + 2 fresh mint sprigs + 20 pomegranate arils, crushed

TIME-SAVER

For easy cleanup, line the juicer's pulp receptacle with a resealable plastic bag. Seal and refrigerate until ready to use. (See our suggestions with the recipes.) If composting the pulp, use a small biodegradable bag that can go directly into the compost pile.



Afternoon Pick-Me-Up

Hangover Cure

Workout Recovery

Everyday Green

Get into a Juice-a-Day Habit

Juicing is a great way to get a huge dose of plant-based nutrients in one single glass. But don't just take a cleansing approach—this can leave you unsatisfied and hungry, as there's often not enough protein, fat, or fiber in juices to keep your belly full for long. Instead, drink your fruit-and-veggie-filled beverage either as a snack or to supplement a lighter meal. Bonus: When you juice at home, it costs less than the juice bar. Plus, you control what goes into the juicer, and your body.

EVERYDAY GREEN

Hands-on: 10 min. Total: 10 min.

Crisp, tart, earthy, bright—and powerful, too, with a whopping 7g protein from the parsley and kale. For extra sweetness, choose a sweeter variety of apple, such as Fuji or Gala.

- 6 ounces chopped sweet-tart apple, such as Braeburn (1 1/2 cups)
- 3 ounces coarsely chopped parsley leaves and stems (1 bunch)
- 4 ounces stemmed chopped kale (6 packed cups)
- 2 ounces peeled lemon

1. Juice in an electric juicer, alternating the dry (kale and parsley) and juicy (apple and lemon) ingredients. Serve immediately.

SERVES 1 *(serving size: about 8 ounces)*
PULP *1 1/2 cups*
CALORIES 157; **FAT** 1.9g (sat 0.3g, mono 0.3g, poly 0.6g); **PROTEIN** 7g; **CARB** 37g; **FIBER** 2g; **SUGARS** 19g (est. added sugars 0g); **CHOL** 0mg; **IRON** 8mg; **SODIUM** 98mg; **CALC** 294mg

Pulp Fix: Mix into potato pancake or latke batter for a green, zesty boost.

AFTERNOON PICK-ME-UP

Hands-on: 7 min. Total: 7 min.

Starting to slump? Snap out of it with this craveable combo of invigorating jalapeño, refreshing pineapple, and sweet beets, which naturally increase blood flow to the brain.

- 6 ounces chopped peeled beet (1 cup)
- 4 ounces chopped pineapple (1/2 cup)
- 1/2 ounce seeded jalapeño pepper

1. Juice in an electric juicer. Serve immediately for the best quality, or within 24 hours.

SERVES 1 *(serving size: about 6 ounces)*
PULP *3/4 cup*
CALORIES 114; **FAT** 0.5g (sat 0.1g, mono 0.1g, poly 0.2g); **PROTEIN** 3g; **CARB** 27g; **FIBER** 2g; **SUGARS** 23g (est. added sugars 0g); **CHOL** 0mg; **IRON** 2mg; **SODIUM** 134mg; **CALC** 44mg

Pulp Fix: Stir into ground turkey or pork for a meaty beet burger with island flair.

HANGOVER CURE

Hands-on: 5 min. Total: 5 min.

The grapes that did you in last night do you good this morning. Potassium-rich grapes replenish electrolytes, magnesium-packed celery calms headaches, and diuretic melon flushes out toxins.

- 6 ounces chopped cantaloupe (about 1 cup)
- 5 ounces spinach (about 3 packed cups)
- 5 ounces red grapes (about 3/4 cup)
- 3 ounces celery (2 small stalks)

1. Juice in an electric juicer. Serve immediately for the best quality, or within 24 hours.

SERVES 1 *(serving size: about 8 ounces)*
PULP *2/3 cup*
CALORIES 178; **FAT** 1.3g (sat 0.3g, mono 0.1g, poly 0.5g); **PROTEIN** 7g; **CARB** 41g; **FIBER** 1g; **SUGARS** 36g (est. added sugars 0g); **CHOL** 0mg; **IRON** 5mg; **SODIUM** 210mg; **CALC** 204mg

Pulp Fix: Jazz up your plain 1/3-less-fat cream cheese with the pulp from this juice for a sweet-and-savory blend that's delicious schmeared over whole-grain bagels, pizza crust, or in place of mayo on a sandwich.

WORKOUT RECOVERY

Hands-on: 7 min. Total: 7 min.

STAFF FAVE

We were amazed at how delectably creamy the sweet potato becomes in the juicer, plus it's a bit higher in calories and loaded with potassium to balance and replenish your electrolytes after exercise.

- 8 ounces chopped peeled sweet potato (2 cups)
- 4 ounces peeled orange
- 3 ounces coarsely chopped carrot (2 small carrots)

1. Juice in an electric juicer. Serve immediately for the best quality, or within 24 hours.

SERVES 1 *(serving size: about 8 ounces)*
PULP *1 cup*
CALORIES 245; **FAT** 0.5g (sat 0.1g, mono 0.1g, poly 0.2g); **PROTEIN** 5g; **CARB** 58g; **FIBER** 2g; **SUGARS** 23g (est. added sugars 0g); **CHOL** 0mg; **IRON** 2mg; **SODIUM** 185mg; **CALC** 145mg

Pulp Fix: Stir this bright, citrusy mix into zucchini or banana bread batter for a sunny, fiber-filled twist.

—Recipes by Katie Barreira

3 CAVEATS TO JUICING

1. Juice lacks the fiber found in the whole fruit or vegetable, which will cause your blood sugar to spike more rapidly and leave you hungry.

2. There's no chewing—and no sense of being sated to start the metabolic process.

3. Juices have the potential to be high in calories, mostly from natural sugars.

BOTTOM LINE

Juicing shouldn't replace whole fruits and veggies. Instead, drink juice to supplement a healthy diet.



The Buzz on Caffeine

According to the FDA, 80% of American adults drink caffeine every day, averaging about 200mg a day—the amount in about 2 cups of coffee. But food manufacturers aren't required to include caffeine on labels, so it's difficult to know how much we are getting. Here's a handy guide—complete with calories and sugar, too—for those who like their caffeinated beverages beyond just black.

BEVERAGE	CAFFEINE (MG)	CALORIES	SUGAR (G)
Starbucks Grande Coffee (16 fluid ounces; each sugar packet adds about 10 calories and 3g sugar)	330	0	0
5-Hour Energy (2-ounce shot; artificially sweetened)	208	4	0
Monster Energy (16 fluid ounces)	160	210	54
Starbucks Grande Pumpkin Spice Latte with nonfat milk (16 fluid ounces)	150	260	49
Folgers instant coffee (2 teaspoons/12 fluid ounces)	148	0	0
K-cup (8 fluid ounces)	75–150	0	0
Starbucks Tall Caffè Mocha with 2% milk (12 fluid ounces)	95	230	26
V8 V-Fusion + Energy Pomegranate Blueberry (8 fluid ounces)	80	50	10
Red Bull (8.4 fluid ounces)	80	110	27
Shot of espresso (1.5–2 fluid ounces)	75	0	0
Starbucks Tall Chai Latte with nonfat milk (12 fluid ounces)	50	120	21
Green tea, brewed for 3 minutes (8 fluid ounces)	30–65	0	0
Diet cola (12 fluid ounces; artificially sweetened)	47	0	0
Cola (12 fluid ounces)	35	140	39
Hot chocolate with nonfat milk (12 fluid ounces)	15	180	17

?

HOW MUCH IS TOO MUCH?

Limit caffeine to no more than 400mg a day. That's about 3 K-cups, or one Starbucks Venti. Sound unbearable? Try this: Enjoy 1 to 2 cups of coffee in the a.m., and switch to green tea with a splash of milk, a dash of ginger, and cinnamon.

A WORD ON ALCOHOL

When it comes to alcohol, women get the shaft. Dietary guidelines recommend we have no more than one drink per day, or seven over a week (men get double). People: No one is more disappointed than I—because I know it means my nightly tipple is limited to 1.5 ounces of my beloved bourbon. Or I can enjoy one 5-ounce glass of wine, or a 12-ounce beer. *One.* I've made my peace with this, though, and certainly don't want to jeopardize my health. So I have devised strategies for making that one drink as enjoyable as possible:

▸ **Go for quality.** Don't waste your one precious serving on something "meh." Instead, enjoy a full-bodied beer, robust cabernet, or slow sipper (such as the drink at right).

▸ **Time it right.** Enjoy your drink when you can truly savor it: during dinner, after the kids go to bed, or during a bath.

▸ **Be mindful.** Fully appreciate your drink—breathe in its aroma, relish its mouthfeel, let it linger on your palate.

—Ann Taylor Pittman, Executive Editor and bourbon lover



THE WHISKEY DONNA

This is not a guzzler; the Campari slows you down. Combine 1 ounce **bourbon,** ½ ounce **Campari,** and 1 teaspoon **fresh lemon juice** in a highball glass with ice. Top with 2 ounces **club soda.** Calories: 107

FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: LINDSEY LOWER. ILLUSTRATION: DRUE WAGNER

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EAT YOUR HEART OUT

Keeping your heart healthy is as easy as making a few smart and delicious changes to your everyday meals. Registered dietitian **CHEF ANNA BULLETT** suggests starting with simple swaps: Replace ingredients that are high in saturated fat with items like cholesterol-free Mazola® Corn Oil. She showed us the heart-healthy way to make her favorite recipes.



SEARED SALMON FILLETS WITH ORZO PILAF

- 5 teaspoons Mazola® Corn Oil, divided
- ¾ cup uncooked orzo
- 1 ½ cups unsalted chicken stock
- ½ teaspoon salt, divided
- ¼ cup bottled roasted red bell peppers, thinly sliced
- 2 tablespoons chopped fresh dill
- 2 tablespoons fresh lemon juice
- 1 ounce chopped pitted kalamata olives
- 4 (6-ounce) salmon fillets
- ½ teaspoon black pepper

1. Heat a medium-sized saucepan over medium-high heat. Add 2 teaspoons oil; swirl. Add orzo; sauté two minutes or until toasted. Add stock and ¼ teaspoon salt; bring to a boil. Cover, reduce heat, and simmer 15 minutes. Stir in bell peppers, dill, juice, and olives; keep warm.

2. Heat a large nonstick skillet over medium-high heat. Add remaining 1 tablespoon oil to pan; swirl. Sprinkle fish with remaining ¼ teaspoon salt and black pepper. Cook three minutes on each side or until desired degree of doneness. Serve with orzo mixture.



HEART HEALTHY

A recent study found that Mazola® Corn Oil helps lower cholesterol more than extra virgin olive oil.*



SMART & VERSATILE

Mazola® Corn Oil has a high smoke point, making it the optimal oil for grilling, sautéing, and baking. With cholesterol-blocking plant sterols and a neutral taste, it is a heart-healthy choice for salad dressings and marinades.**

Mazola

Get more recipe ideas for heart-healthy favorites. Watch the videos at cookinglight.com/simpleswaps

* Maki KC, Lawless AI, Kelley KM, Kaden VN, Dicklin MR. Benefits of corn oil compared to extra virgin olive oil consumption on the plasma lipid profile in men and women with elevated cholesterol: results from a controlled feeding trial. J. Clin. Lipidol. January/February 2015 issue. Study sponsored in part by ACH Food Companies, Inc.

** Based on USDA Nutrient Database SR-27, 2015. USDA and USDHHS 2010; FDA 2000, 2010; Wu et al. 2009; Demonty et al. 2008, Ellegard et al. 2008; Mensink et al. 2010.



Grilled pork with avocado salsa

HEART HEALTHY IS ON THE TABLE.

A recent study found that Mazola® Corn Oil helps **lower cholesterol** more than extra virgin olive oil.*



Perfect for sautéing, stir-frying, grilling, and baking! **Find delicious recipes at Mazola.com**

Corn oil is a cholesterol free food that contains 14g of total fat per serving. See nutrition information on package for fat and saturated fat content. Very limited and preliminary scientific evidence suggests that eating about 1tbsp (16g) of corn oil daily may reduce the risk of heart disease due to the unsaturated fat content in corn oil. FDA concludes there is little scientific evidence supporting this claim. To achieve this possible benefit, corn oil is to replace a similar amount of saturated fat and not increase the total number of calories you eat in a day. One serving of this product contains 14g of corn oil. For more information visit Mazola.com.

* Maki KC, Lawless AI, Kelley KM, Kaden VN, Dicklin MR. Benefits of corn oil compared to extra virgin olive oil consumption on the plasma lipid profile in men and women with elevated cholesterol: results from a controlled feeding trial. J. Clin. Lipidol. January/February 2015 issue. Study sponsored in part by ACH Food Companies, Inc.



Veggie Eggy Scramble
Recipe p. 102

DIET THE COOK'S WAY

The Cooking Light Diet is a subscription-based, calorie-driven meal-planning service that provides easy, delicious weekly menus for people looking to turn weight-loss aspirations into reality. It offers recipe options based on dietary preferences, the ability to reschedule favorite meals, an editable shopping list feature, an option to plug in leftovers, and more. "Through this diet, I have learned how not to deprive myself of my favorite foods, and instead how to incorporate them in a smarter way," says subscriber Katie Anderson (see page 102). The Diet inspires people to channel their love for cooking into meals that bring the family together and offers a sustainable lifestyle alternative to the usual quick-fix approach of other dieting services. Here's what a day on the Diet looks like.



Greek Slaw and Chicken Pitas
Recipe p. 102

Cooking Light DIET

Sign up for the Cooking Light Diet and **save 20%** as a new member! Use code JUMPSTART at **diet.cookinglight.com/jumpstart.**

Easy Thai Steak Noodle Bowl
Recipe p. 104

Katie's Ultimate Day

We created a breakfast, lunch, and dinner specifically for Katie and her family, with each recipe using six ingredients or fewer and repeating ingredients throughout the day for less waste.

Learn more about Katie's Cooking Light Diet adventure at **cookinglight.com/katie.**



KATIE ANDERSON,
NEWNAN, GA

"Mealtime has become easier, happier, and more fun—for my whole family. My relationship with food has completely changed for the better, and as a result, I feel better, look better, and am a happier person. I've lost 14 pounds.* I've gone down a belt notch. I'm wearing dresses again. I'm exercising with renewed energy. I never thought I could lose weight, but I did it. You can love food and lose weight. Who knew?"

**Members following the Cooking Light Diet lose more than half a pound per week, on average.*

Breakfast



VEGGIE EGGY SCRAMBLE

Hands-on: 8 min. Total: 8 min.

Katie admits that she and her family "aren't big morning people." They rush through and typically grab what's convenient. We like the idea of getting them to incorporate veggies into the morning meal, and it's not hard or time-consuming to do. Katie can spend a few minutes prepping everything the night before (including beating the egg-cheese mixture) to make the next morning a breeze. When they need this to be grab and go, they can stuff the scramble into a whole-wheat pita.

- 5 large eggs
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 ounce feta cheese, crumbled (about ¼ cup)
- 1 tablespoon canola oil
- ¼ cup chopped green onions
- ½ cup halved grape tomatoes
- 1 (5-ounce) package fresh baby spinach
- 4 (1½-ounce) slices 100% whole-grain bread, toasted

1. Place eggs in a medium bowl; stir with a whisk until lightly beaten. Add salt, pepper, and feta cheese; whisk to combine.
2. Heat a large nonstick skillet over medium heat. Add oil; swirl to coat. Add onions and tomatoes; cook 1 minute, stirring occasionally. Add spinach; cover and cook 1 minute or until spinach starts to wilt. Stir mixture. Pour egg mixture into pan; cook 1½ minutes or until eggs are soft-scrambled, gently stirring to incorporate vegetables. Serve over toast.

SERVES 4 *(serving size: 1 toast slice and ½ cup egg mixture)*
CALORIES 228; **FAT** 11.7g (sat 3.3g, mono 4.8g, poly 2.3g); **PROTEIN** 13g; **CARB** 21g; **FIBER** 8g; **SUGARS** 3g (est. added sugars 1g); **CHOL** 239mg; **IRON** 3mg; **SODIUM** 419mg; **CALC** 239mg

Lunch



GREEK SLAW AND CHICKEN PITAS

Hands-on: 15 min. Total: 15 min.

Salads are a favorite lunch option for the Andersons, and Katie is particularly fond of Greek salads. This quick-to-assemble sandwich is basically a salad in a pita, one that's full of crunchy lemon-feta Greek slaw and filling, convenient rotisserie chicken.

- 2 tablespoons fresh lemon juice
- 1½ tablespoons canola oil
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon kosher salt
- 3 cups very thinly sliced green cabbage
- ½ cup thinly sliced green onions
- 2 ounces feta cheese, crumbled (about ½ cup)
- 8 ounces skinless, boneless rotisserie chicken breast, thinly sliced
- 4 ounces skinless, boneless rotisserie chicken thigh, thinly sliced
- 4 (6-inch) whole-wheat pitas, cut in half

1. Combine first 4 ingredients in a medium bowl, stirring well. Add cabbage, onions, and cheese; toss well to combine.
2. Divide chicken evenly among pita halves; spoon about ½ cup slaw into each pita half.

SERVES 4 *(serving size: 2 stuffed pita halves)*
CALORIES 384; **FAT** 13.5g (sat 3.8g, mono 6.2g, poly 2.3g); **PROTEIN** 32g; **CARB** 36g; **FIBER** 5g; **SUGARS** 4g (est. added sugars 1g); **CHOL** 100mg; **IRON** 3mg; **SODIUM** 712mg; **CALC** 154mg

PORTRAIT: GREGORY MILLER


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EASY THAI STEAK NOODLE BOWL

Hands-on: 21 min. Total: 21 min.

The Anderson family loves Thai food, but they don't have many options to satisfy cravings in their small town. This recipe gives them the flavors they love with supermarket ingredients.

- 2½ cups very thinly sliced green cabbage
- 1 tablespoon fresh lime juice, divided
- 2 teaspoons sugar, divided
- 1 teaspoon kosher salt, divided
- 8 ounces uncooked flat brown rice noodles (pad Thai noodles, such as Annie Chun's)
- 12 ounces top sirloin steak, trimmed and thinly sliced
- 1½ teaspoons canola oil
- ½ cup water
- 2 tablespoons red curry paste (such as Thai Kitchen)
- 1 (13.5-ounce) can light coconut milk
- 4 lime wedges (optional)

1. Combine cabbage, 1 teaspoon lime juice, ½ teaspoon sugar, and ¼ teaspoon salt; toss well to combine. Set aside at room temperature for 15 minutes.

2. Prepare rice noodles according to package directions. Drain and rinse with cold water; drain.

3. Toss steak with ½ teaspoon sugar. Heat a large skillet over high heat. Add oil; swirl to coat. Add steak to pan; cook 2 minutes. Turn steak over; cook an additional 30 seconds or just until browned. Remove from pan; keep warm.

4. Add ½ cup water to pan, scraping pan to loosen browned bits. Add curry paste and coconut milk, stirring well to combine; bring to a simmer. Reduce heat to low; simmer for 5 minutes. Stir in remaining 2 teaspoons lime juice, remaining 1 teaspoon sugar, and ½ teaspoon salt. Arrange about 1 cup noodles in each of 4 bowls; divide steak evenly over servings. Ladle about ½ cup broth over each serving; top each with about ½ cup cabbage mixture. Sprinkle remaining ¼ teaspoon salt evenly over servings. Serve with lime wedges, if desired.

SERVES 4 *(serving size: 1 bowl)*
CALORIES 395; **FAT** 10.6g (sat 6.1g, mono 2.4g, poly 0.6g); **PROTEIN** 22g; **CARB** 54g; **FIBER** 5g; **SUGARS** 4g (est. added sugars 2g); **CHOL** 45mg; **IRON** 2mg; **SODIUM** 690mg; **CALC** 29mg

—Recipes by Ann Taylor Pittman

More Success Stories from the CL Diet Community

KENNAN HESTER
RALEIGH, NC

Kennan has used the Cooking Light Diet to overcome genetic hurdles on her way to weight-loss success. (To date, she has lost 20 pounds.*) Kennan says the Diet is helping her dine out a lot less, too: "We're social birds, and we have a lot of friends in the neighborhood who regularly want to go do things. But since we've started the Diet, we tend to say, 'Oh, yeah, sure! We'll meet you after dinner.' It's easier to be sure we're eating healthy if we do it at home."

KATHY SEILER
ESSEX JUNCTION, VT

"My cholesterol's been borderline high," says Kathy. "I've been on the Diet for three months ... I had a physical and had my cholesterol tested. My doctor said, 'Your LDL went down. What are you doing?' So I told her I'd started this diet that's very much about cooking and whole food. She said that's amazing because it's really hard to move those numbers much with diet alone. A month later, my husband had his physical, and his LDL level had gone down, too."

GAI DORAN
NEW HAVEN, CT

Gai already loved to cook, so her menus have inspired her to think beyond the kitchen. "The recipes take advantage of what's in season, or I can make those choices myself," she says. "[Since] so many of the recipes use fresh herbs, it has inspired me to start my own garden! I'm having a lot of fun watching these plants growing. I've never had a garden or grown vegetables before, so this is very cool."

*Members following the Cooking Light Diet lose more than half a pound per week, on average.

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BECOME A MEAL PLANNER

Meal planning isn't just for the über organized. No matter your shopping or cooking style, these smart strategies will help you save money (up to $185 per week), limit food waste, and eat well all week long.

WE'LL PLAN FOR YOU

Each Sunday, we publish a week of healthy menus to help you plan for the week ahead. Head to cookinglight.com/sundaystrategist, or try the drag-and-drop meal planner at cookinglight.com/weeknight-meal-planner.



I'LL MAKE AHEAD PLANNER

DIAGNOSIS

A true weekend warrior, you cook on Sunday for the week ahead. While leftovers aren't a big deal, they can get a bit boring. By Friday, you're stuck with odds and ends of recipes that don't really have a home, so they end up getting tossed.

WHAT TO DO

1. Stagger meals: Instead of soldiering through a double batch every night, stagger a couple of favorite recipes during the week to avoid back-to-back repeats.
2. Embrace "kitchen sink" dishes: Stir-fries, frittatas, loaded baked potatoes, pasta bakes, and spinach salads can revamp leftovers with little effort.
3. Know what can be revived: Saucy items (stews, chilis, marinara) and layered items (meat loaf, casseroles) hold up well to freezing and reheating.
4. And what can't: Plain cooked pastas and rice can be gummy or gritty; cooked proteins can overcook or dry out when reheated alone. Better to revamp these.



I HATE LEFTOVERS PLANNER

DIAGNOSIS

You like to plan ahead but don't want dinner déjà vu. Recipes go half eaten, and meals become a strange mashup—a scoop of chicken curry, some avocado, a cheese stick—not unlike your preschooler's plate.

WHAT TO DO

1. Be honest: You may have the best intentions to cook recipes ahead, but if you know that last night's dinner won't be appealing come mealtime, it'll be a waste.
2. Prep components, not meals: Cook and store items that can be combined differently during the week, from rock star toppers like caramelized onions and roasted tomatoes to basics like cooked wheat berries and fresh chopped, stemmed kale.
3. Shake up your proteins: Try a little crisped bacon, prosciutto, or cured chorizo instead of a centerpiece protein. Eggs should also be part of your weeknight rotation.
4. Shake up your starches: Break up the classic combos (sauce and pasta, stir-fry and rice, steak and potatoes) and try something new: spaghetti squash, cauliflower "rice," or quick-cooking lentils.



I'LL WING IT (NON-) PLANNER

DIAGNOSIS

You let your culinary mood inspire dinner daily. Store cashiers know you by name (you pop in for this or that several times a week). Your fridge and pantry are full of forgotten items that you'll need to purge soon to make room for more.

WHAT TO DO

1. Play "use it or lose it": If you can't think of at least three reasonable uses for an ingredient at the store, put it back on the shelf.
2. Shop less: More trips mean impulse buys and wasted food. Challenge yourself to go less, or pick up just one or two ingredients and make a meal with what you have.
3. Stock your pantry: Keep building-block items such as unsalted canned beans, canned whole tomatoes, and quick-cooking whole grains like quinoa and farro on hand as the base for any meal.
4. Stock your fridge: Fresh ingredients like parsley, lemon, shallots, and Parmesan make any dish sing. Add a pantry staple and a main ingredient, and dinner is done.

ILLUSTRATIONS: DRUE WAGNER



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> **An ideal snack consists of protein, healthy fat, and fiber. I always recommend two snacks to help folks keep their energy levels up and blood sugar steady during the day."**
>
> **–FRANCES LARGEMAN-ROTH, RDN**

STASH HEALTHY SNACKS

Here are six simple, protein-rich snack combos to provide satisfaction and fuel as soon as hunger strikes, all with about 125 calories or less. Which ones will you pack this week?

1. BANANA-GRAHAMS
½ medium banana + 2 honey graham cracker sticks + 1 tablespoon roasted, unsalted peanuts

CALORIES 126; **FAT** 5.2g (sat 0.8g); **PROTEIN** 3g; **FIBER** 2g; **SUGARS** 8g (est. added sugars 1g); **SODIUM** 25mg

2. BALSAMIC TOMATO TOAST
1 (1-ounce) slice multigrain toast + 2 tomato slices + ½ ounce fresh mozzarella cheese + ¼ teaspoon balsamic vinegar

CALORIES 116; **FAT** 4.3g (sat 2.2g); **PROTEIN** 6g; **FIBER** 2g; **SUGARS** 3g (est. added sugars 2g); **SODIUM** 144mg

3. BERRY-PISTACHIO YOGURT
½ cup nonfat Greek yogurt + 2 tablespoons blueberries + 1 tablespoon chopped unsalted pistachios + ½ teaspoon honey

CALORIES 124; **FAT** 3.6g (sat 0.4g); **PROTEIN** 12g; **FIBER** 1g; **SUGARS** 10g (est. added sugars 3g); **SODIUM** 45mg

4. SALMON-CUKE STACKS
¾ ounce smoked salmon + ½ ounce ⅓-less-fat cream cheese + ½ cup cucumber slices

CALORIES 69; **FAT** 4.2g (sat 2g); **PROTEIN** 6g; **FIBER** 0g; **SUGARS** 1g (est. added sugars 0g); **SODIUM** 215mg

5. CHOCOLATE-ALMOND STRAWBERRIES
⅓ cup strawberries + 5 almonds + ½ ounce dark chocolate

CALORIES 123; **FAT** 7.9g (sat 2.9g); **PROTEIN** 2g; **FIBER** 3g; **SUGARS** 10g (est. added sugars 7g); **SODIUM** 1mg

6. MAPLE-RICOTTA WAFFLE
1 toasted multigrain waffle + 1 tablespoon part-skim ricotta cheese + 1½ teaspoons maple syrup + cinnamon

CALORIES 120; **FAT** 4.7g (sat 1g); **PROTEIN** 3g; **FIBER** 3g; **SUGARS** 4g (est. added sugars 4g); **SODIUM** 180mg

Smart Portion Packing

Instead of toting the entire package of almonds to the office, keep between-meal munching in check by measuring out snacks before you're ready to devour them. Savvy packing can help:

- Use "snack size" plastic bags for crackers, pita chips, or other addictively salty/crunchy items.
- Layer yogurt, fruit, and nuts into 8-ounce jars with screw-top lids for parfaits to go.
- Reach for muffin cup liners for portioning items that call for a "small handful" serving size, like nuts and dried fruit.
- We love OXO Mini LockTop Containers for packing creamy yogurt dips and hummus. *$10,* **oxo.com**



ILLUSTRATION: DRUE WAGNER

© 2015 Kraft Foods

SELECTS

NATURAL^

SLOW ROASTED
TURKEY BREAST



^NO ARTIFICIAL INGREDIENTS
NO ARTIFICIAL PRESERVATIVES
NO ADDED HORMONES+
NO ARTIFICIAL FLAVORS
NO ARTIFICIAL COLORS
NO GLUTEN
NO BY-PRODUCTS

Great taste is in our nature.

Oscar Mayer

^MINIMALLY PROCESSED + FEDERAL REGULATIONS PROHIBIT THE USE OF HORMONES IN POULTRY.



FLIP YOUR PROTEIN

Protein is an essential component of the diet, necessary for everyday growth and cell functions. The thing is, most of us get more than enough—more than 100 grams each day, twice the recommended amount. Most of that protein (about 85%) comes from animal sources. Meanwhile, only 14% of Americans are eating enough plants, which not only have vitamins and satiating fiber but also lots of protein—and far less saturated fat than most animal proteins. So let's shift our plates to focus more on plant-based proteins. We don't have to give up meat, but we can use it as more of a flavor booster than the star of the plate. Eating plant-based proteins is associated with a lower risk of disease, and they have a smaller carbon footprint, too. But the best part? Vegetables are downright tasty. Read on to find out how to flip your protein.



Before

Steak and Potatoes

The average New York strip is no less than a half-pound on the plate, and typically serves one. That's practically a day's worth of protein, plus a hefty 12 grams of sat fat—before the addition of buttered potatoes and beans.

After the Flip

STEAK SALAD NIÇOISE

Hands-on: 25 min. Total: 40 min.

We take a single 8-ounce steak, thinly slice it, and use it to flavor 4 entrée-sized salads, each filled with more than 2 cups of veggies.

- 2 large eggs (refrigerator-cold)
- 10 ounces red potatoes
- 12 ounces haricots verts (French green beans)
- Cooking spray
- 8 ounces trimmed New York strip steak
- ½ teaspoon kosher salt, divided
- ½ teaspoon freshly ground black pepper, divided
- ¼ cup chopped fresh flat-leaf parsley
- 1 tablespoon fresh thyme leaves
- 2½ tablespoons olive oil
- 2 tablespoons white wine vinegar
- 1 teaspoon Dijon mustard
- 1 small garlic clove, grated
- 3 cups chopped romaine lettuce
- 1 cup halved cherry tomatoes
- 20 niçoise olives

1. Place eggs and potatoes in a large saucepan; cover with cold water to 2 inches above eggs. Bring to a boil; reduce heat to medium-low, and cook 7 minutes. Remove eggs from pan; place in a large ice water–filled bowl. Continue cooking potatoes 13 more minutes or until tender. Remove potatoes with a slotted spoon. Cool slightly; cut into quarters. Add beans to boiling water; cook 4 minutes or until crisp-tender; drain and place in ice water. Drain well; place potatoes and beans in a large bowl. Peel eggs; cut into quarters, and set aside.

2. Heat a cast-iron skillet over medium-high heat. Coat pan with cooking spray. Add steak to pan; cook 4 minutes on each side or until desired degree of doneness. Remove from pan; let stand 5 minutes. Cut across grain into thin slices; sprinkle with ⅛ teaspoon salt and ⅛ teaspoon pepper.

3. Combine remaining ⅜ teaspoon salt, remaining ⅜ teaspoon pepper, parsley, and next 5 ingredients (through garlic) in a small bowl or jar; stir with a whisk or shake until well blended. Drizzle half of dressing over potato mixture; toss to coat. Divide potatoes, beans, steak, lettuce, tomatoes, olives, and eggs evenly among 4 plates. Drizzle remaining dressing over servings.

SERVES 4 *(serving size: 1½ ounces beef, ¼ cup tomatoes, 5 olives, about ¾ cup beans, about ¾ cup romaine, and 2 egg quarters)*
CALORIES 303; **FAT** 16.2g (sat 3.6g, mono 8.7g, poly 1.8g); **PROTEIN** 19g; **CARB** 22g; **FIBER** 5g; **SUGARS** 5g (est. added sugars 0g); **CHOL** 128mg; **IRON** 4mg; **SODIUM** 540mg; **CALC** 86mg





LESS IS MORE

When meat packs big flavor, it's easier to use less and still make an impact. Some of our favorites for less-meat meals: smoked meats or fish, sardines, spice-rubbed steak, center-cut bacon, duck, or a spicy cured sausage (just watch sodium).





Before

Classic Chicken Marsala

Notice our recipe has mushroom before chicken in the title. The classic recipe has a meat to veggie ratio of about 3:1, while ours is quite the opposite. We skip the white pasta and spoon this saucy goodness over whole-grain quinoa.

After the Flip

MUSHROOM AND CHICKEN MARSALA BOWLS

Hands-on: 35 min. Total: 35 min.

Rich chicken thighs are supremely satisfying when paired with lots of buttery browned mushrooms.

- 2½ tablespoons butter, divided
- 1 cup uncooked quinoa, rinsed and drained
- 1½ cups unsalted chicken stock, divided
- ¾ teaspoon kosher salt, divided
- 1½ tablespoons canola oil, divided
- 1 (6-ounce) package fresh baby spinach
- 1 pound mushrooms, quartered
- 8 ounces skinless, boneless chicken thighs, cut into bite-sized pieces
- ¼ cup minced shallots
- 1½ tablespoons chopped fresh thyme
- 4 garlic cloves, thinly sliced
- ½ cup dry Marsala wine
- 1 teaspoon Dijon mustard
- ¼ teaspoon freshly ground black pepper

1. Melt 1½ teaspoons butter in a small saucepan over medium-high heat. Add quinoa to pan; sauté 3 minutes or until toasted and fragrant. Add 1¼ cups stock; bring to a boil. Cover, reduce heat, and simmer for 12 minutes. Remove from heat; let stand 10 minutes. Stir in ¼ teaspoon salt.

2. Heat a large skillet over medium-high heat. Add 1½ teaspoons oil to pan; swirl to coat. Add spinach; cook 1½ minutes or until beginning to wilt. Remove spinach from pan.

3. Melt 1½ teaspoons butter in pan. Add 1½ teaspoons oil; swirl to coat. Add mushrooms; cook 8 minutes, turning to brown on all sides. Remove mushroom mixture from pan.

4. Add remaining 1½ teaspoons oil to pan; swirl to coat. Add chicken to pan; sauté 4 minutes, browning on all sides. Add shallots, thyme, and garlic; sauté 1½ minutes. Add wine and remaining ¼ cup stock, scraping pan to loosen browned bits. Cook 2 minutes or until liquid is reduced by two-thirds and becomes slightly syrupy. Remove from heat. Add remaining 1½ tablespoons butter, mustard, pepper, and remaining ½ teaspoon salt, stirring constantly until butter melts. Stir in mushrooms and spinach. Serve over quinoa.

SERVES 4 *(serving size: about ¾ cup quinoa mixture and 1 cup chicken mixture)*
CALORIES 432; **FAT** 18g (sat 5.9g, mono 6.7g, poly 3.9g); **PROTEIN** 24g; **CARB** 36g; **FIBER** 6g; **SUGARS** 6g (est. added sugars 0g); **CHOL** 73mg; **IRON** 5mg; **SODIUM** 596mg; **CALC** 94mg

"For overall human health, there are many benefits to moving away from our animal-based to a more plant-based diet. The protein flip keeps the animal foods on the plate, but moves them to the edges, and moves vegetables, beans, and grains to the center. Let's do the flip! Less meat, better meat, and more of a plant-based diet. Eat well, be well."

–CHRISTOPHER GARDNER, PROFESSOR OF MEDICINE, STANFORD PREVENTION RESEARCH CENTER, STANFORD SCHOOL OF MEDICINE



Before

Pork Carnitas Plate

Carnitas are a labor of love, as pork simmers in fat for hours until tender, then gets piled onto a plate with refried beans and rice. Very few veggies find their way into this classic dish.

After the Flip

SHREDDED PORK AND PINTO TACOS WITH PEPITA SLAW

Hands-on: 25 min. Total: 40 min.

A half-pound of pork is a gracious plenty for these tacos, which are beefed up with pinto beans, Greek yogurt–amped avocado crema, and a crunchy slaw topped with pumpkinseeds. The plant protein sources make up about half the total amount.

- ⅔ cup sliced shallots
- ½ cup unsalted chicken stock
- 1 teaspoon kosher salt, divided
- ¾ teaspoon ground cumin, divided
- ½ teaspoon smoked paprika
- 8 ounces pork tenderloin, trimmed and cut in half crosswise
- 5 garlic cloves, thinly sliced
- 1 (15-ounce) can unsalted pinto beans, rinsed and drained
- 1½ cups thinly sliced red cabbage
- ¼ cup coarsely chopped fresh cilantro leaves
- 2 tablespoons fresh lime juice, divided
- 1 teaspoon canola oil
- 2 tablespoons pepitas (toasted pumpkinseeds)
- ⅓ cup plain fat-free Greek yogurt
- 1 ripe avocado, peeled
- 8 corn tortillas

1. Combine shallots, stock, ½ teaspoon salt, ½ teaspoon cumin, paprika, pork, and garlic in a small saucepan; bring to a simmer. Reduce heat to low; cover and simmer 25 minutes. Remove pork from pan; set aside. Increase heat to medium; cook 8 minutes or until liquid is reduced to about 2 to 3 tablespoons. Shred pork with 2 forks; stir pork and beans into cooking liquid. Mash some of the beans to thicken and bind the mixture.

2. While pork cooks, combine cabbage, cilantro, 1½ tablespoons lime juice, oil, and ¼ teaspoon salt; toss well to combine. Sprinkle with pepitas.

3. Combine yogurt, avocado, remaining 1½ teaspoons lime juice, ¼ teaspoon cumin, and ¼ teaspoon salt in a small bowl; mash to desired consistency.

4. Heat tortillas directly over a gas flame or in a hot cast-iron skillet for 20 seconds on each side or until lightly charred. Divide pork mixture, slaw, and avocado mixture evenly among tortillas.

SERVES 4 *(serving size: 2 tacos)*
CALORIES 386; **FAT** 11.2g (sat 1.8g, mono 5.5g, poly 2.7g); **PROTEIN** 25g; **CARB** 49g; **FIBER** 12g; **SUGARS** 5g (est. added sugars 0g); **CHOL** 37mg; **IRON** 4mg; **SODIUM** 580mg; **CALC** 144mg

SHREDDED CHICKEN TACO VARIATION

In place of pork tenderloin, use 2 (4-ounce) **skinless, boneless chicken thighs.** Decrease simmering time from 25 to 15 minutes, and increase smoked paprika to ⅝ teaspoon.

SERVES 4 *(serving size: 2 tacos)*
CALORIES 392; **FAT** 12.3g (sat 2g, mono 5.9g, poly 3g); **PROTEIN** 24g; **CARB** 49g; **FIBER** 12g; **SUGARS** 5g (est. added sugars 0g); **CHOL** 54mg; **IRON** 4mg; **SODIUM** 600mg; **CALC** 146mg



ILLUSTRATIONS: DRUE WAGNER

Top 8 Supercharged Plant Proteins

Animals may be the gold standard when it comes to protein, but plants don't fall far behind. And when you only need 50 grams in a day, plants will add up quickly. They're also full of fiber and have less saturated fat than their animal counterparts.

	3 ounces 85% lean ground beef	1 cup cooked lentils	1 cup canned chickpeas
PROTEIN	**22g**	18g	12g
CALORIES	**213**	230	211
FIBER	**0g**	16g	11g
SATURATED FAT	**5g**	0.1g	0.5g



1 cup cooked quinoa	1 ounce dry-roasted shelled pistachios	1 cup cooked spinach	2 tablespoons peanut butter	1 cup edamame	1 cup white beans
8g	6g	5g	8g	17g	19g
222	160	41	188	189	299
5g	3g	4g	2g	8g	13g
0.4g	1.6g	0.1g	3.4g	1g	0.2g

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Before

Pasta Bolognese

More meat than actual sauce, Bolognese sings with fatty cuts of beef and pork, then sits atop a mountain of white pasta. To flip, we "beef up" just 6 ounces of sirloin with loads of mushrooms, aromatics, and walnuts.

After the Flip

VEGGIE-PACKED BOLOGNESE

Hands-on: 35 min. Total: 48 min.

Just when you think there isn't enough veggie goodness, we pack even more into the base disguised as "boodles" (butternut noodles), intertwined with whole-grain pasta. You'll need a spiralizer or julienne peeler to make the veggie noodles. The meaty texture and nutty flavor from the walnuts is downright addictive.

- ⅔ cup boiling water
- ½ ounce dried porcini mushrooms
- 1 tablespoon canola oil
- 1½ cups chopped onion
- ¾ cup finely chopped carrot
- ⅔ cup finely chopped celery
- 8 ounces cremini mushrooms, finely chopped
- 6 garlic cloves, minced
- 6 ounces 90% lean ground sirloin
- 3 tablespoons unsalted tomato paste
- 1 teaspoon dried oregano
- ¾ teaspoon kosher salt
- ¼ teaspoon crushed red pepper
- 2 (8-ounce) cans unsalted tomato sauce
- 12 ounces peeled butternut squash
- 4 ounces whole-grain spaghetti (such as Barilla)
- ⅓ cup finely chopped walnuts, toasted
- 1 ounce Parmigiano-Reggiano cheese, shaved (about ¼ cup)

1. Pour boiling water over porcini in a small bowl; let stand 15 minutes. Remove porcini with a slotted spoon; finely chop porcini, and reserve soaking liquid.

2. Heat a large skillet over medium heat. Add oil to pan; swirl to coat. Add onion, carrot, and celery; cook 5 minutes, stirring occasionally. Add cremini mushrooms and garlic; cook 6 minutes or until mushroom liquid evaporates, stirring occasionally. Add beef; cook 3 minutes, stirring frequently. Add tomato paste; cook 1 minute, stirring constantly. Stir in porcini, oregano, salt, pepper, and tomato sauce; pour in porcini liquid, stopping before grit at bottom of bowl reaches sauce. Bring to a boil; reduce heat, and simmer, uncovered, 12 minutes or until thickened, stirring occasionally to keep sauce from sticking.

3. Run squash through a spiralizer to create noodles, or cut into long noodles with a julienne peeler; set aside. Cook pasta according to package directions, omitting salt and fat, and adding butternut noodles during last 2 minutes of cooking time. Drain.

4. Stir walnuts into sauce; spoon over pasta mixture. Sprinkle with cheese.

SERVES 4 *(serving size: about 1¼ cups pasta mixture, 1 cup sauce, and 1 tablespoon cheese)*

CALORIES 448; **FAT** 17.5g (sat 3.9g, mono 5.5g, poly 6g); **PROTEIN** 24g; **CARB** 54g; **FIBER** 10g; **SUGARS** 14g (est. added sugars 2g); **CHOL** 32mg; **IRON** 12mg; **SODIUM** 573mg; **CALC** 210mg

—Recipes by Ann Taylor Pittman

CUT BACK ON ADDED SUGAR

Sugar is everywhere in the American diet, though largely invisible. We consume more than 70 pounds of it per person per year, very little from naturally occurring sugars such as those found in fruit and milk. Added sugars (those put in during processing) are one of the main reasons packaged foods—even savory foods like marinara sauce, salad dressing, and breads—can be calorically dense. A sugar-laden diet could not only increase your risk of heart disease (see page 61 for details) but also lead to weight gain and diabetes. Our consumption of added sugars has increased by more than 30% over the past three decades, so it's no surprise that for the first time, the USDA's Dietary Guidelines committee is proposing a limit on added sugars: no more than 10% of total daily calories. That's about 50 grams (or 200 calories) in a 2,000-calorie-per-day diet. But this is difficult to calculate when our current labeling system doesn't require added sugars to be listed on packaging. The good news is that there's a pending FDA proposal that would require food companies to list added sugars as a subset of total sugars. Here and on page 61 are information, tips, recipes, and resources to help you cut back.



Savory Granola
Recipe p. 122



Chocolate Stout Brownies
Recipe p. 123

Tangy Lemon Cheesecake Bars
Recipe p. 123

NATURAL VS. ADDED

Added sugars are sweeteners that are added either by food manufacturers during processing or in the home kitchen while cooking or baking. Naturally occurring sugars are those inherent to the food, such as fructose in fruit or lactose in milk.



SMOKY CHIPOTLE BAKED BEANS

Hands-on: 23 min.
Total: 1 hr. 10 min.

You might be surprised to learn that baked beans often contain a good bit of sugar—usually from brown sugar, molasses, and/or ketchup. A classic recipe might have 15g total sugars per ½-cup serving; ours contains just 5g (only 2g added from a little maple syrup), allowing the smoky flavors of bacon, chipotle, and smoked paprika to pop.

- 4 center-cut bacon slices, chopped
- 1 cup finely chopped onion
- 2 tablespoons white miso (soybean paste)
- 4 garlic cloves, minced
- ½ cup unsalted chicken stock
- 1½ tablespoons maple syrup
- 1 tablespoon chopped canned chipotle chiles in adobo sauce
- 1½ teaspoons cider vinegar
- ½ teaspoon smoked paprika
- 3 (15-ounce) cans unsalted navy beans or Great Northern beans
- 1 (8-ounce) can unsalted tomato sauce

1. Preheat oven to 350°.
2. Cook bacon in a 10-inch cast-iron skillet or other ovenproof skillet over medium heat 5 minutes or until crisp, stirring occasionally. Remove bacon from pan with a slotted spoon, reserving drippings.
3. Add onion to drippings in pan; cook 4 minutes, stirring occasionally. Add miso and garlic; cook 2 minutes, stirring frequently. Stir in stock and remaining ingredients; bring to a simmer. Place pan in oven; bake at 350° for 45 minutes or until sauce is thick. Remove pan from oven; sprinkle beans with bacon.

SERVES 8 *(serving size: about ½ cup)*
CALORIES 184; **FAT** 1.4g (sat 0.3g, mono 0g, poly 0g); **PROTEIN** 11g; **CARB** 33g; **FIBER** 10g; **SUGARS** 5g (est. added sugars 2g); **CHOL** 3mg; **IRON** 4mg; **SODIUM** 230mg; **CALC** 115mg

NEW NUMBERS Starting with this issue, you'll see total sugars and estimated added sugars in the nutrition stats located at the end of each recipe to help you keep added sugars in check.



SAVORY GRANOLA

Hands-on: 8 min. Total: 30 min.

STAFF FAVE

Meet your new granola, which has two-thirds less sugar than most store-bought varieties. We like it with a little extra kick, but knock the red pepper back for less heat. Stir into yogurt, sprinkle over fresh fruit, or toss into salads.

- 1¼ cups old-fashioned rolled oats
- ½ cup pecan halves
- ½ cup coarsely chopped walnut halves
- ½ cup dry-roasted sunflower seed kernels
- 2 tablespoons uncooked quinoa
- 2 tablespoons olive oil
- 2 tablespoons honey
- 1 teaspoon fresh thyme
- 1 teaspoon kosher salt
- ⅜ teaspoon ground red pepper
- ¼ teaspoon ground cinnamon
- 1 large egg white
- Cooking spray

1. Preheat oven to 325°.
2. Combine oats, pecans, walnuts, sunflower seeds, and quinoa in a large bowl.
3. Combine olive oil and next 6 ingredients (through egg white) in a bowl, stirring well with a whisk. Pour olive oil mixture over oat mixture; toss to coat. Spread mixture on a jelly-roll pan coated with cooking spray. Bake at 325° for 20 minutes or until browned, stirring occasionally. Cool completely.

SERVES 12 *(serving size: about ⅓ cup)*
CALORIES 162; **FAT** 11.7g (sat 1.3g, mono 4.5g, poly 5.4g); **PROTEIN** 4g; **CARB** 12g; **FIBER** 2g; **SUGARS** 4g (est. added sugars 3g); **CHOL** 0mg; **IRON** 1mg; **SODIUM** 166mg; **CALC** 18mg



TANGY LEMON CHEESECAKE BARS

Hands-on: 25 min.
Total: 3 hr. 30 min.

STAFF FAVE

Classic lemon squares can contain 36g sugar per piece. We put a puckery cheesecake spin on ours—cutting sugar to just 6g per bar—which allows the bright citrus to shine.

Crust:

- 4 ounces whole-wheat pastry flour (about 1 cup)
- 1/3 cup sliced almonds, toasted
- 3 tablespoons powdered sugar
- 1 tablespoon canola oil
- 1/4 teaspoon kosher salt
- 1/4 cup cold butter, cut into small pieces
- Cooking spray

Filling:

- 3/4 cup fat-free Greek yogurt
- 1/3 cup granulated sugar
- 1 tablespoon grated lemon rind
- 1/3 cup plus 1 tablespoon fresh lemon juice
- 1 teaspoon vanilla extract
- 1/4 teaspoon kosher salt
- 1 (8-ounce) package 1/3-less-fat cream cheese
- 2 large eggs

1. Preheat oven to 350°.
2. To prepare crust, weigh or lightly spoon flour into a dry measuring cup; level with a knife. Place flour, almonds, powdered sugar, oil, and 1/4 teaspoon salt in a food processor; pulse until almonds are finely ground. Add butter; pulse until mixture resembles coarse meal. Pour mixture into an 11 x 7–inch glass baking dish coated with cooking spray. Pat mixture down into an even layer, patting firmly without compacting too tightly (which will make crust tough). Bake at 350° for 23 minutes or until lightly browned. Remove from oven; cool completely.
3. Reduce oven temperature to 325°.
4. To prepare filling, rinse processor, and wipe dry. Place yogurt and next 6 ingredients (through cream cheese) in processor; process until smooth. Add eggs; process until smooth. Pour mixture over crust, spreading evenly. Bake at 325° for 30 minutes or until set.
5. Cool completely on a wire rack. Cover and refrigerate 3 hours or until chilled.

SERVES 18 *(serving size: 1 piece)*
CALORIES 129; **FAT** 7.7g (sat 3.5g, mono 2.6g, poly 0.8g); **PROTEIN** 4g; **CARB** 12g; **FIBER** 1g; **SUGARS** 6g (est. added sugars 5g); **CHOL** 37mg; **IRON** 0mg; **SODIUM** 130mg; **CALC** 34mg



CHOCOLATE STOUT BROWNIES

Hands-on: 21 min. Total: 55 min.

The typical brownie has nearly 20g sugar—masking the flavor of the chocolate in an overwhelming wave of sweetness. Here we cut sugar in half for a richer, denser brownie that truly satisfies.

- 1.5 ounces whole-wheat pastry flour (about 1/3 cup)
- 1/4 cup unsweetened cocoa
- 1/2 teaspoon kosher salt
- 1/4 cup butter
- 2 tablespoons canola oil
- 4 1/2 ounces 60% bittersweet chocolate, divided
- 2/3 cup coffee stout beer
- 1/4 cup granulated sugar
- 2 tablespoons brown sugar
- 1 teaspoon vanilla extract
- 1 large egg
- 1 large egg yolk
- Cooking spray

1. Preheat oven to 350°.
2. Weigh or lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, cocoa, and salt in a medium bowl.
3. Combine butter, oil, and 3 ounces chocolate in a large bowl over simmering water. Cook over low heat until smooth, stirring occasionally. Remove from heat; cool slightly. Add beer, granulated sugar, brown sugar, vanilla, egg, and egg yolk. Beat with a mixer at medium speed 1 minute or until combined. Add flour mixture to chocolate mixture, stirring just until combined. Finely chop remaining 1 1/2 ounces chocolate. Stir chocolate into chocolate mixture.
4. Pour the batter into an 8-inch square glass or metal baking pan coated with cooking spray. Bake at 350° for 30 minutes or until a wooden pick inserted in center comes out with moist crumbs clinging. Cool in pan on a wire rack.

SERVES 16 *(serving size: 1 square)*
CALORIES 131; **FAT** 8.5g (sat 4g, mono 3.1g, poly 0.8g); **PROTEIN** 2g; **CARB** 12g; **FIBER** 1g; **SUGARS** 8g (est. added sugars 8g); **CHOL** 31mg; **IRON** 1mg; **SODIUM** 68mg; **CALC** 14mg

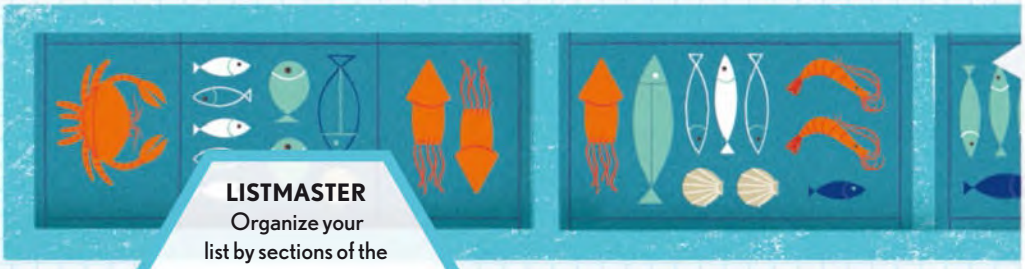
–Recipes by Sidney Fry, MS, RD, and Ann Taylor Pittman

LIMIT ADDED SUGARS

All forms of added sugars—whether white, brown, honey, organic molasses, fruit juice concentrate, or agave—are simple sugars. The body breaks these down rapidly, causing blood sugar and insulin levels to rise. They leave no sense of satiety or satisfaction and should be limited.

"When baking with less sugar, the flavors of everything else come out so much more. A chocolate custard becomes intensely chocolaty. A blueberry muffin tastes of tart ripe fruit. A walnut-date shortbread is nutty and fruity and buttery. To accentuate all of these flavors, if you reduce sugar also increase any flavorings that are in the recipe. Salt, vanilla, almond extract, spices—every flavor will have a larger platform on which to shine."

–JOANNE CHANG, AUTHOR OF *BAKING WITH LESS SUGAR*



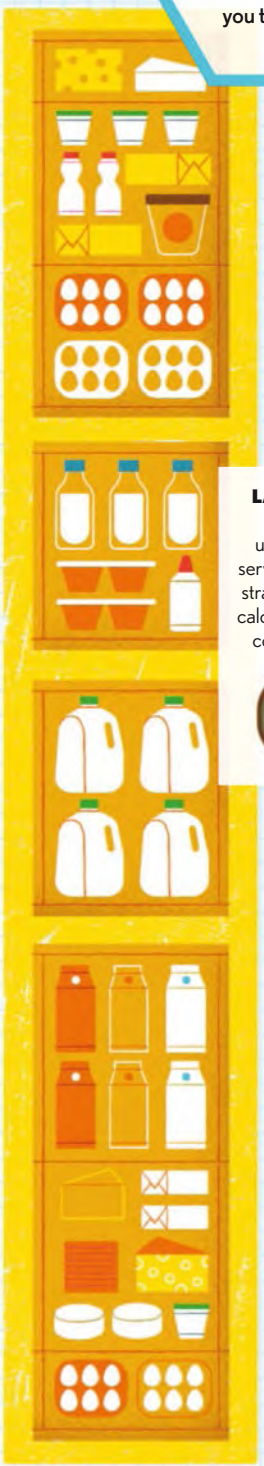
LABEL WISDOM
Ask your fishmonger or consult the Monterey Bay Aquarium Seafood Watch to find sustainable choices.



LISTMASTER
Organize your list by sections of the grocery (produce, meat/fish, frozen items, dairy, and so on). Bonus points: List sections in the order you travel in your market.

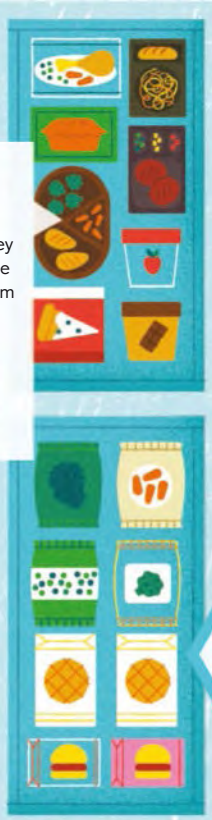
SHOP SMARTER

A little shopping savvy will help you navigate supermarket aisles with ease, spend wisely, and eat fresher and healthier than ever.



LABEL WISDOM
Watch out for unreasonably high serving numbers—they strategically lower the calorie, fat, and sodium counts per serving.







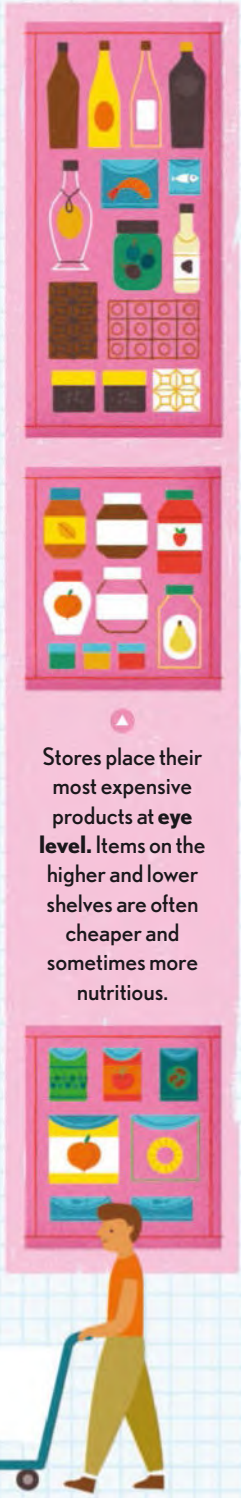
Always keep **frozen produce** (without seasoning or sauce) on hand. It's just as healthy as fresh, and handy when certain fresh produce is out of season.

SNACK TIPS
Take advantage of the growing array of lower-sodium popcorn, whole-grain pretzels, and high-fiber bean chips. Hit the frozen aisle for high-protein items like edamame.

Look for reduced-fat options; there are many good ones out there. **Cape Cod Chips** makes a great 40% reduced-fat potato chip—just don't eat 40% more.







Stores place their most expensive products at **eye level.** Items on the higher and lower shelves are often cheaper and sometimes more nutritious.

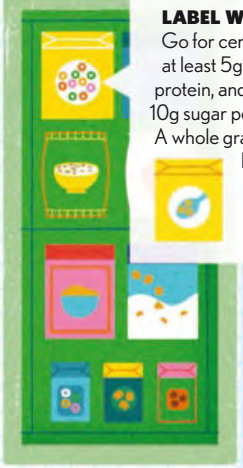


LABEL WISDOM
Look for meat that hasn't been injected with saline solution or preservatives. Sometimes those are labeled "marinated."

PRICE CUT
Slash poultry costs with your own knife. Cuts like breast tenders or cutlets cost more per pound than whole breasts. Slice and pound whole breasts at home. Cheaper yet: Buy a whole bird.



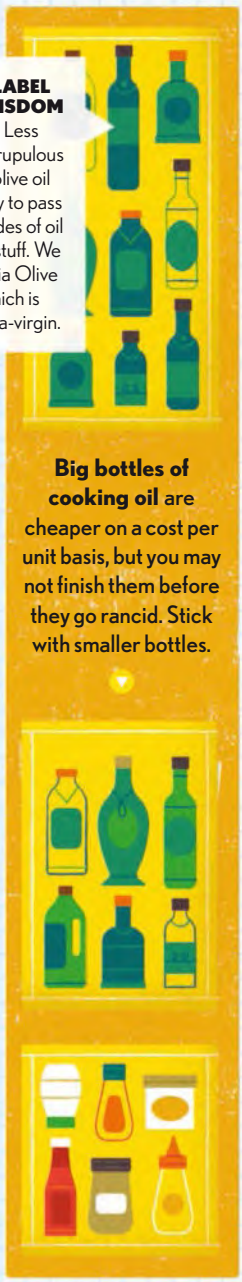
Brown rice and whole-grain pastas give you more than 3 times the fiber and many more nutrients than their white counterparts.



LABEL WISDOM
Go for cereals with at least 5g fiber, 5g protein, and less than 10g sugar per serving. A whole grain should be the first ingredient on the box's list.

SHOP THE EDGES
Find fresh whole foods—dairy, protein, produce—around the market perimeter.







LABEL WISDOM
Less scrupulous olive oil producers try to pass off lower grades of oil as the good stuff. We like California Olive Ranch, which is certified extra-virgin.

Big bottles of cooking oil are cheaper on a cost per unit basis, but you may not finish them before they go rancid. Stick with smaller bottles.

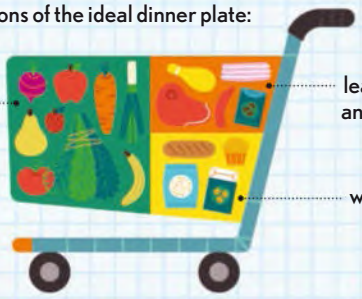




Precut produce is convenient, but it perishes and loses nutrients and flavor faster than whole fruits and veggies.

Shop for **fresh produce and bakery bread** more than once a week—your food will be fresher, and you'll reduce waste.

DIVVY UP YOUR CART
Your shopping cart contents should match the proportions of the ideal dinner plate:



50% fruits and veggies

25% lean plant and animal protein

25% whole grains

ILLUSTRATION: SOL LINERO

THE FOODS YOU SHOULD HAVE IN YOUR BASKET THIS YEAR

Gochujang
The sweet notes in this Korean hot sauce make it the likely successor to the Sriracha throne.

Tofu noodles
The gluten-free, low-cal alternative to traditional pastas.



Fresh hot chiles
The capsaicin (heat agent) in peppers may burn fat and boost health.

Beverage soup
Tio Gazpacho gives you tasty chilled soup in a bottle.

Packaged bone broth
The streetside trend of 2015 is coming to your local grocery store.

5 GREAT SHOPPING RESOURCES

1. Cozi The free app and website (and *CL* partner) let you create and share shopping lists: cozi.com.

2. In-store dietitians More supermarkets offer professional dietitians on-site. Consult with them for cooking tips, label wisdom, and food allergy advice.

3. Call-ahead service Your market may allow you to phone in orders. A store staffer gathers and bags your items; you simply pick them up and pay.

4. Delivery service Companies like Peapod (peapod.com) offer grocery delivery in select markets with food prices comparable to those of major stores.

5. Grocery Pal A free app that lets you browse weekly sales, compare prices at different stores, redeem coupons, and organize your shopping list.

Items You Can Scrimp On



1. Sugar Store brand is just fine.



2. Whole and ground spices Store brands deliver plenty of aroma and flavor.



3. Block cheese If you're not buying artisanal cheese, go for the cheapest option.



4. Precut produce Buy whole fruits and veggies and slice them yourself to avoid the nearly 40% markup.



5. Nuts Buy in bulk, and store extras in the freezer for up to 9 months.



6. Tomato paste Because most recipes use little more than a tablespoon or two, it's practically impossible to tell the difference between premium paste and less expensive options in finished dishes.



7. Fresh herbs Buy combo packages, sometimes labeled "poultry mix," that give you smaller amounts of several herbs to avoid waste.



8. Milk Now that most supermarket store brands have eliminated growth hormone (check labels to be sure), there's no need to splurge on organic or name brand.



9. Canned beans Any difference you might notice is lost in the rinsing and draining.



10. Brown rice and other whole grains: No quality drop-off in cheaper bulk offerings.

ILLUSTRATIONS: DRUE WAGNER

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*USDA and USDHHS 2010; FDA 2000, 2010; Wu et al. 2009; Demonty et al. 2008, Ellegard et al. 2008; Mensink et al. 2010



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STREAMLINE YOUR KITCHEN

Clean eating starts with a clean kitchen. Ditch unnecessary equipment so that you'll have the breathing room to get creative, optimize fridge space, and enjoy cooking all the more.



Green Your Clean

For all-natural DIY degreaser (use on any surface except wood), combine 2 cups **water**, 2 tablespoons **fresh lemon juice**, ½ teaspoon **Dr. Bronner's Pure-Castile Soap**, and 1 tablespoon **baking soda** in a 24-ounce spray bottle; shake well. The lemon disinfects and degreases, baking soda gently abrades, and soap disperses the solution.
—Recipe by Linda Cobb



3

THE ONLY 3 KNIVES YOU REALLY NEED

1. Shun Fuji paring knife
The dense wooden handle has ridges on both sides for supreme grip and comfort, key for extended paring jobs. *$220,* **williams-sonoma.com**



◀ **BUDGET OPTION**

Victorinox Fibrox Pro Dishwasher-safe, this 3¼-inch paring knife performs as well as many pricier models. *$8,* **surlatable.com**

2. Wüsthof Classic double-serrated 9-inch bread knife
Ingenious double serration slices items like crusty bread and crispy phyllo dough cleanly with a minimum of crumbs. *$110,* **surlatable.com**



◀ **BUDGET OPTION**

OXO Good Grips bread knife Comfy handle, 8-inch blade, easy to wield. *$10,* **amazon.com**

3. Zwilling Pro wide 6-inch chef's knife
The 6-inch length makes it light and easy to handle, the broad curve lets it rock smoothly, and extra width helps to scoop chopped items. *$150,* **zwillingonline.com**



◀ **BUDGET OPTION**

Calphalon Katana 6-inch chef's knife It's stylish and slim-handled with a razor-sharp Japanese steel blade. *$50,* **bedbathandbeyond.com.**

ILLUSTRATION: DRUE WAGNER. PROP STYLING: (RIGHT) LINDSEY LOWER



Anatomy of a Healthy Fridge

A few tricks will have you eating healthier, help your perishables last longer, and keep everything well organized and in its rightful place.

The Only 5 Pans You Really Need



1. DUTCH OVEN For braises, soups, or boiling veggies and pasta. You can easily spend a bundle on fancy models, but Lodge's 6-quart color enamel Dutch oven does the job just fine. *$75*

2. SAUCEPAN Go small or medium with this one, depending on your needs. This is for when a Dutch oven is too big for the job. Cuisinart's 3-quart saucepan is heavy-bottomed enough to heat evenly and prevent scorching during long simmers. *$40*

3. CAST-IRON SKILLET An amazingly versatile, ovenproof pan that cooks everything from pancakes to hard-seared steaks. When fully seasoned, it's virtually nonstick. Go for a 12-inch pan; Lodge is the gold standard. *$37*

4. HALF-SHEET BAKING PAN Use it to bake cookies or as a roasting pan for veggies or big hunks of meat. NordicWare's natural aluminum commercial baker's half sheet is sturdy and distributes heat evenly. *$19.50*

5. NONSTICK SKILLET Essential for eggs and fish. T-Fal's 12-inch fry pan keeps its coating intact for longer than many nonstick skillets. *$30*

5

THE 5 GADGETS NO MODERN KITCHEN SHOULD BE WITHOUT



Kitchen Active spiralizer
Everyone's new favorite tool for turning veggies into lovely noodles. We like the compact design of this one. *$10*



Microplane soft-handle grater
This gives you what a box grater can't: fine, feathery shreds that meld with your food like delicious filament. *$15*



OXO Good Grips Y peeler
A Y-shaped peeler gives you an ergonomic advantage when working with tough stuff, like butternut squash. *$9*



Taylor digital cooking thermometer with probe and timer
Monitors meat as it roasts, then alerts you when it's reached the right temp. *$16*



Inspired Basics digital kitchen scale
Weighing ingredients is the best way to get recipes right. This model gives you precise info. *$48*



GET SOCIAL

There's a new kind of health club, and it's right in your kitchen. Membership is free, and the benefits could last a lifetime. We're talking about gathering a group of friends and creating a cookbook club where healthy-cooking experts inspire you. It's a fantastic way to learn up-to-date techniques, explore ways to make over classics, or test-drive new food trends. Cooking clubs thrive when everything from organizing, shopping, prep, cooking, and cleanup gets divvied up for a no-pressure dinner party. And connecting frequently will cement social relationships and foster healthier eating habits.

HUNGARIAN BEEF STEW

Hands-on: 30 min.
Total: 2 hr. 15 min.

Freeze serving-size portions of stew in zip-top freezer bags. To release from the bag, submerge under hot water for 30 seconds; then heat over medium-low heat.

- 1½ pounds lean boneless chuck roast, trimmed and cut into 1-inch pieces
- ¾ teaspoon salt, divided
- ½ teaspoon freshly ground black pepper, divided
- 2 tablespoons olive oil
- 2 medium onions, chopped
- 2 tablespoons all-purpose flour
- 1 tablespoon paprika
- 1 teaspoon caraway seeds
- 3 garlic cloves, minced
- 1 cup dry red wine
- 2 cups water, divided
- 1½ cups unsalted beef stock
- 1 pound fingerling potatoes, cut into 1-inch chunks
- 3 carrots, coarsely chopped
- 2 red bell peppers, sliced

1. Sprinkle beef with ½ teaspoon salt and ¼ teaspoon pepper. Heat oil in a large Dutch oven over medium-high heat. Add one-third of beef to pan; cook 6 minutes or until golden brown on both sides. Transfer to a plate. Repeat procedure with remaining beef in 2 more batches.
2. Reduce heat to medium, and add onions to pan; cook 5 minutes or until softened. Add flour, paprika, caraway seeds, and garlic; cook 1 minute, stirring. Add wine; cook 2 minutes or until thickened, stirring occasionally and scraping browned bits from bottom of pan.
3. Add 1 cup water, stock, and beef to pan; bring to a simmer. Reduce heat to low; cook for 1¼ hours. Stir in potatoes, carrots, peppers, and remaining 1 cup water; simmer, partially covered, for 45 minutes to an hour or until meat and vegetables are fork-tender. Season stew with remaining ¼ teaspoon salt and ¼ teaspoon pepper.

SERVES 6 *(serving size: 1⅓ cups)*
CALORIES 400; **FAT** 19g (sat 6.2g, mono 9.4g, poly 1.1g); **PROTEIN** 25g; **CARB** 25g; **FIBER** 4g; **SUGARS** 6g (est. added sugars 0g); **CHOL** 85mg; **IRON** 4mg; **SODIUM** 390mg; **CALC** 62mg

Recipe adapted from Ellie Krieger's new cookbook, You Have It Made: Delicious, Healthy, Do-Ahead Meals *(Houghton Mifflin Harcourt, January 2016). Copyright © 2016 by Ellie Krieger.*



ELLIE KRIEGER, healthy-eating advocate and James Beard Award–winning author, serves up delicious, do-ahead meals in her latest cookbook, *You Have It Made.* Try her Hungarian Beef Stew to launch your cooking club. Add a salad and a simple dessert for a sure hit.

Visit **cookinglight.com/newyear** for more on starting a cooking club.

BLUE POT: LE CREUSET

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SECRETS, TIPS & RECIPES from America's Healthy-Cooking Experts

Cooking Light kitchen confidential

HOW TO

ROAST VEGETABLES

Oven roasting surrounds vegetables with dry, hot, even heat that heightens flavor, browns and crisps exteriors, and cooks interiors to perfect tenderness. Use these guidelines for success.

ROASTED WHOLE CARROTS

Hands-on: 5 min.
Total: 40 min.

- 8 medium carrots
- 2 teaspoons olive oil
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

1. Preheat oven to 400°.
Why? *Cranking up the oven temperature caramelizes the vegetables' outer layer. If too high, the interior won't fully cook; if too low, the vegetables won't brown well. Roasting temperatures will range between 375° for larger items and 450° for smaller items.*

2. Scrub carrots, and dry well; peel, if desired.
Why? *The goal is a dry roasting environment. Excess moisture can make outer surfaces mushy and inhibit browning. Peeling is a matter of choice: Some peels taste bitter.*

3. Arrange carrots in a single layer, well spaced on a baking sheet.
Why? *Roast similar types and sizes of vegetables together so everything cooks at the same rate. To encourage caramelization, make sure each vegetable sits directly on the sheet pan, and allow room for heat to circulate.*

4. Drizzle with oil, turning to coat all over. Sprinkle with salt and pepper.
Why? *A light coating of oil promotes browning and prevents sticking. But go easy: Too much oil will just soak into porous vegetables, or pool and "fry" nonporous ones. Avoid using butter, which can burn.*

5. Tightly cover pan with foil. Bake at 400° for 10 minutes. Uncover and return pan to oven; bake an additional 18 minutes or until carrots are tender, turning once.
Why? *Covering the pan creates a mini oven within the oven and speeds up roasting. It's essential to remove the foil early on to prevent buildup of steam from the vegetables' own juices.*

SERVES 4 *(serving size: 2 carrots)*
CALORIES 70; **FAT** 2.6g (sat 0.4g, mono 1.7g, poly 0.4g); **PROTEIN** 1g; **CARB** 12g; **FIBER** 3g; **SUGARS** 6g (est. added sugars 0g); **CHOL** 0mg; **IRON** 0mg; **SODIUM** 204mg; **CALC** 41mg

—Cheryl Slocum

Medium carrots are about 1 to 1¼ inches in diameter at their thickest part.

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: CHELSEA ZIMMER; PROP STYLING: LINDSEY LOWER

Use It Up Challenge: Chipotle Chiles in Adobo

Canned chipotles in adobo sauce bring smoky depth wherever they go. We love the warm kick they deliver in the saucy Chicken and Black Bean Enchiladas on page 48. Here are a few more ways to harness their flavor bomb potential.

1 CHIPOTLE MAYO

Combine 1/3 cup **canola mayonnaise,** 2 tablespoons **half-and-half,** 1 tablespoon **pickle relish,** 2 teaspoons **white vinegar,** and 1 teaspoon minced **chipotle chiles in adobo sauce,** stirring with a whisk. Sprinkle with **fresh chives.**

SERVES 4 *(serving size: 2 tablespoons)*
CALORIES 65; **FAT** 5.9g (sat 0.5g, mono 3.4g, poly 1.9g); **PROTEIN** 0g; **CARB** 2g; **FIBER** 0g; **SUGARS** 1g (est. added sugars 0g); **CHOL** 3mg; **IRON** 0mg; **SODIUM** 189mg; **CALC** 8mg

2 CHIPOTLE CHILAQUILES

Preheat broiler to high. Heat a large cast-iron skillet over medium heat. Add 2 tablespoons **canola oil** and 1 1/2 cups chopped **onion;** cook 4 minutes. Add 2 cups chopped **zucchini** and 5 chopped **garlic cloves;** cook 4 minutes. Add 2 (14-ounce) cans **unsalted diced tomatoes,** 3 tablespoons chopped **fresh oregano,** 1/2 teaspoon **kosher salt,** and 2 ounces chopped **chipotle chiles in adobo sauce.** Cook 4 minutes; remove from heat. Stir in 2 ounces **tortilla chips.** Level surface. Make 4 indentations in surface; crack 1 **large egg** into each. Broil 5 minutes or until whites are set. Remove from oven. Sprinkle 2 tablespoons **fresh oregano leaves** and 1/4 teaspoon **black pepper** over eggs. Serve with 1 peeled sliced **avocado** and 6 sliced **radishes.**

SERVES 4 *(serving size: 1 1/2 cups chilaquiles mixture, 1 egg, 1/4 avocado, and 1/4 cup radishes)*
CALORIES 384; **FAT** 23.1g (sat 3.5g, mono 13.7g, poly 4.2g); **PROTEIN** 12g; **CARB** 36g; **FIBER** 9g; **SUGARS** 11g (est. added sugars 1g); **CHOL** 186mg; **IRON** 3mg; **SODIUM** 552mg; **CALC** 150mg

—Recipes by the CL Kitchen

3 SMOKY BLACK BEAN DIP

Heat 1 tablespoon **olive oil** in a nonstick skillet over medium heat. Add 8 ounces chopped **cremini mushrooms,** 1/4 cup chopped **onion,** and 3 chopped **garlic cloves;** cook 7 minutes. Add 1/2 cup **unsalted chicken stock** and 2 teaspoons chopped **chipotle chiles in adobo sauce;** cook 1 minute. Combine mushroom mixture, 1 (15.5-ounce) can drained **unsalted black beans,** and 1/2 teaspoon **kosher salt** in the bowl of a food processor; pulse until well combined. Transfer to a bowl; swirl in 1/4 cup **reduced-fat sour cream,** 1 tablespoon **olive oil,** and 2 teaspoons **lime juice.** Serve with tortilla chips and crudités.

SERVES 8 *(serving size: about 1/4 cup)*
CALORIES 96; **FAT** 4.4g (sat 1.1g, mono 2.5g, poly 0.4g); **PROTEIN** 4g; **CARB** 10g; **FIBER** 3g; **SUGARS** 1g (est. added sugars 0g); **CHOL** 4mg; **IRON** 1mg; **SODIUM** 155mg; **CALC** 48mg

4 CHIPOTLE-MARINATED STEAK

Combine 2 tablespoons **fresh orange juice,** 1 1/2 tablespoons **fresh lime juice,** 1 minced **chipotle chile in adobo sauce,** 1 tablespoon **adobo sauce,** 1 tablespoon **honey,** 1 grated **garlic clove,** 3/4 teaspoon **kosher salt,** and 1/4 teaspoon **ground cumin** in a large zip-top bag. Add 1 1/2 pounds **flank steak** to bag; seal and refrigerate 1 hour. Preheat oven to 350°. Heat a grill pan over medium-high heat; coat with **cooking spray.** Add steak; cook 4 minutes on each side. Transfer to a jelly-roll pan; bake at 350° for 3 to 4 minutes. Transfer steak to a cutting board; let stand 5 minutes. Cut into thin slices. Sprinkle steak with 3/4 teaspoon **kosher salt.**

SERVES 6 *(serving size: about 3 ounces)*
CALORIES 162; **FAT** 6.3g (sat 2.3g, mono 2.2g, poly 0.2g); **PROTEIN** 24g; **CARB** 0g; **FIBER** 0g; **SUGARS** 0g (est. added sugars 0g); **CHOL** 70mg; **IRON** 2mg; **SODIUM** 332mg; **CALC** 27mg



HOW-TO

MANAGE HABANERO HEAT

As peppers go, habaneros (see recipe on page 20) are near the top of the capsaicin scale (the compound that contributes spicy heat). Try these techniques to take control of the flames.

—Robin Bashinsky

For maximum heat: Use the whole habanero.

To lessen the heat just a little: Remove seeds.

To bring heat down moderately: Shave away all inner membranes.

To eliminate as much heat as possible: Blanch seeded, sliced chiles for 10 seconds.



PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: CHELSEA ZIMMER; PROP STYLING: LINDSEY LOWER

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SPOTLIGHT

Stout beer gets its rich flavor from roasted grains; it adds depth to chocolate baked goods like our Chocolate Stout Brownies (p. 123). Choose a beer with forward malt flavor and less prominent hops, which are especially bitter when heated.

GEAR

Home Juicers

Most juicers fall into one of two categories: centrifugal or cold-press. Centrifugal juicers rapidly spin produce against tiny blades. Cold-press juicers crush using 1,000 pounds of pressure. Check out the pros and cons for each.

–Katie Barreira



CENTRIFUGAL JUICERS

PROS

Works very quickly.

Easy to clean.

Works well with hard produce like broccoli and beets.

Affordable options available.

CONS

The rapid spinning heats up juice slightly, which speeds oxidation, so juice is best consumed right away.

Any inedible peels must be removed, and nuts and leafy greens won't process.

Most fiber and some juice is lost with leftover pulp.

Recommended:
Breville Juice Fountain Elite 800JEXL ($300)



COLD-PRESS JUICERS

PROS

Juice output is high with little leftover pulp (more fiber).

No friction, so juice does not heat up and stays fresh longer (about 3 days).

Can process a wide range of produce, including leafy greens. Softer produce works especially well.

Nuts can be milked (after soaking).

CONS

Can be very expensive, although more affordable models are entering the market.

Juicing process is slow.

Recommended:
Omega NC900HDC ($380)

PREP-WISE

CHICKEN

Skinless, boneless chicken breasts are wonderfully versatile; that's why we feature them throughout the Dinner Tonight section (page 18). Sauté as is or cut into strips or cubes for quicker-cooking bites. To get even more out of this cut, try these techniques.



GRIND FOR PATTIES

Cut breasts into 1-inch cubes. Place on a tray, and freeze until very cold and firm. Working in batches, fill food processor bowl halfway with meat cubes. Pulse to finely grind meat.



SLICE A POCKET

Hold breast half flat on a cutting board; use a sharp, thin knife to slice a 3-inch horizontal slit into the thick side of the breast without going all the way through to the opposite side.



POUND THIN

Cut through breast halves horizontally to create two equally thick pieces. Place in a heavy-duty zip-top plastic bag; pound lightly with a meat mallet or skillet to desired thickness.

ILLUSTRATIONS: STEVE SANFORD

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january/february recipe index

KEY

- QUICK & EASY
- GLUTEN FREE*
- KID FRIENDLY
- MAKE AHEAD
- FREEZABLE
- VEGETARIAN

*Read labels carefully; gluten hides in unexpected places.

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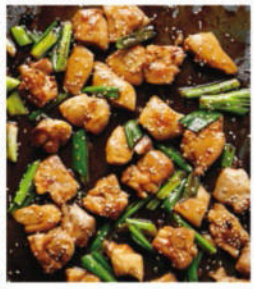
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STAFF RAVE

Our Highest-Rated Recipe from This Issue

CHICKEN YAKITORI
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"This tastes exactly like Chinese takeout, and that's a high compliment in my book."

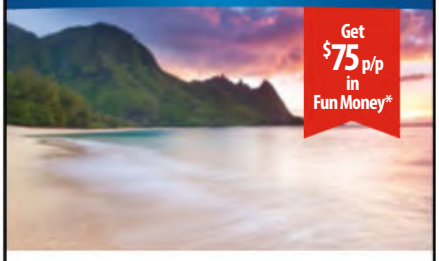
–DARCY LENZ, ASSISTANT FOOD EDITOR

Check out all of our staff faves in red.

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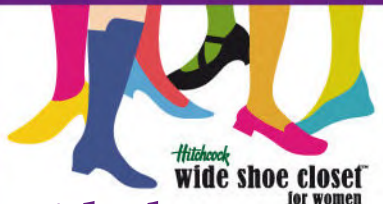


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INDULGE!
This cheesy snack sports two-thirds less fat than the classic dish and gets extra richness from butternut squash.

BUTTERNUT QUESO FUNDIDO

Hands-on: 30 min.
Total: 30 min.

STAFF FAVE

If you prefer, you can roast a halved, seeded butternut squash at 350° for 45 minutes or until soft. Scoop 10 ounces of flesh, and use in place of the puree.

- 1 teaspoon canola oil
- ¾ cup diced red onion
- 1½ tablespoons all-purpose flour
- ¼ cup unsalted chicken stock
- 1 (10-ounce) package frozen butternut squash puree, thawed
- 1 tablespoon minced chipotle chile in adobo sauce, plus 2 teaspoons adobo sauce
- 3 ounces shredded Oaxaca or part-skim mozzarella cheese (about ¾ cup), divided
- 3 ounces shredded reduced-fat 4-cheese Mexican-blend cheese (about ¾ cup), divided
- ⅓ cup very thinly sliced radishes
- ¼ cup fresh cilantro leaves
- 3 tablespoons sliced green onions
- 2 tablespoons thinly sliced jalapeño pepper
- 30 light tortilla chips
- Celery sticks (optional)

1. Heat oil in a medium cast-iron skillet over medium heat. Add red onion; cook 5 minutes or until softened. Add flour; cook 2 minutes, stirring constantly. Add stock, squash, chipotle, and adobo sauce; bring to a boil. Reduce heat to medium-low; add 2 ounces Oaxaca cheese and 2 ounces Mexican-blend cheese; cook 2 minutes or until smooth, stirring until cheese melts.
2. Preheat broiler to high.
3. Sprinkle remaining cheeses over top. Broil 2 minutes or until cheese is bubbly and lightly browned. Top with radishes, cilantro, green onions, and jalapeño. Serve with chips and celery sticks, if desired.

SERVES 10 *(serving size: ¼ cup fundido and 3 chips)*
CALORIES 119; **FAT** 4.3g (sat 2.2g, mono 0.3g, poly 0.2g); **PROTEIN** 6g; **CARB** 16g; **FIBER** 2g; **SUGARS** 1g (est. added sugars 0g); **CHOL** 8mg; **IRON** 0mg; **SODIUM** 207mg; **CALC** 133mg

—Recipe by Katie Barreira

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